



Sign Up For Email Newsletters

To be added to our e-mailing list, please send an email to sleepphones@aweber.com. We promise to send infrequent emails and to make them valuable to you. If you do want to be added to our list, do nothing and you will not receive our emails anymore.



New SleepPhones Made From Recycled Plastic!

[SleepPhones](#) fleece is now made from 88% recycled plastic bottles and 12% spandex. The stretch in the super soft fleece allows for easier sizing - one size fits all! Currently SleepPhones come in Midnight Black and Deep Blue. The fleece is manufactured in Massachusetts by Polartec®.



Celebrating Autumn!

[\\$5 off order](#) until November 26, 2009.



Twitter SleepPhones Giveaway!

Twitter Giveaway of free SleepPhones! There are only 4 prizes left. Follow [@sleepphones](#) and tweet [#sleepphones](#) to win. [Details](#)



\$10 Refund on Previous Order

Create and send us one of the following items to us along with your order information for a \$10 refund!

customerservice@sleepphones.com

- YouTube Video of how you use the SleepPhones
- Picture of you wearing SleepPhones along with this statement: I release all rights to this picture to SleepPhones and understand that it may be used in advertisements, printed materials, and on the internet.

SleepPhones™
pajamas for your ears

SOCIAL NETWORKING

[Follow @SleepPhones on Twitter.](#)

[Be a Fan on Facebook.](#)

RECENT BLOG ENTRIES

NOV 5th, 2009

Holiday Season Shopping

NOV 4th, 2009

SleepPhones in Tanzania

NOV 3rd, 2009

Lavender Accessories

NOV 2nd, 2009

Products on Amazon

FEATURED PRODUCTS



[SleepPhones System](#)

Price: \$54.95



[Free Music Downloads](#)

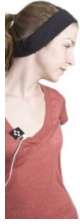
Price: Free



Instant Discount

[Survey Discount](#)

Price: -\$1.00



Pregnancy Sleep Tips

7 things to do to help sleep during pregnancy: (applies to any trimester)

1. Wake up at the same time daily and open the curtains or turn on the lights to get some morning light. Having exposure to some light upon awakening is helpful to train your brain.
2. Stay active during the day, taking the stairs instead of the elevator. Take a short walk during lunch hour. Try to walk 10,000 steps a day. And if you do some light abdominal exercises, yoga, or pilates, you can regain your figure faster after pregnancy.
3. Eat small meals many times throughout the day. This prevents heartburn, reduces cravings, and keeps blood sugar levels more constant.
4. Tylenol (acetaminophen) is one of the safest medications known for pregnant women. If you have pain interfering with sleep, taking some every now and then is fine.
5. Fatigue is normal during pregnancy. Taking naps is fine, but limit naps to 20-30 minutes early in the afternoon so they do not interfere with sleeping at night.
6. For an occasional severe night of insomnia during pregnancy, plain Benedryl (diphenhydramine) is safe. It can cause some hangover effects the next morning, however, so try a low dose first.
7. For more frequent insomnia while pregnant, I recommend a more natural solution like SleepPhones.

Written by Wei-Shin Lai, MD. This should not substitute for medical advice from your doctor. Please call your doctor if you have questions while pregnant.