



## Repeat Customers Save!

10% off entire order coupon code: repeatcustomer



## Over the Counter Sleep Medicines

Diphenhydramine is the active ingredient in almost all over the counter sleeping pills. It's a strong antihistamine that has the side effect of making people drowsy. Some brand names of sleep medicines that contain diphenhydramine include Tylenol PM, Unisom, Simply Sleep, Nytol, Tranquil, and Somnex. Plain generic Benedryl is the original diphenhydramine and is probably the cheapest option.

Diphenhydramine is known to cause a hangover and a dry mouth. It often dulls a person the next day. Some people have a paradoxical reaction to Benedryl, making them more hyper and unable to sleep. Men with prostate problems should consult a physician before taking it. If it works well for you, it's a fine option, and relatively safe. It should not be used long-term because sometimes insomnia is caused by or related to other medical problems, so you should see the doctor if you have chronic insomnia.



## \$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](mailto: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.



## Twitter SleepPhones Giveaway!

Twitter Giveaway of free SleepPhones! There are only 2 prizes left. Follow @sleepphones and tweet #sleepphones to win. [Details](#)



## Celebrating Autumn!

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

SleepPhones™  
pajamas for your ears

### SOCIAL NETWORKING

[Follow @SleepPhones on Twitter.](#)

[Be a Fan on Facebook.](#)

### RECENT BLOG ENTRIES

#### **NOV 23rd, 2009**

Lavender Soap Coming Soon!

#### **NOV 22nd, 2009**

Bloggers Help Marketing and Search Engine Rankings Part 2

#### **NOV 21st, 2009**

Bloggers Help Marketing and Search Engine Rankings

#### **NOV 18th, 2009**

RealSleep Collaboration

### FEATURED PRODUCTS



[SleepPhones System](#)

Price: \$54.95



[Free Music Downloads](#)

Price: Free



Instant Discount

[Survey Discount](#)

Price: -\$1.00

