

Newsletter 009: 2010 May 5



## Balance Your Life with Sleep

10% off with code **BETTERSLEEP** for the entire month of May as we celebrate Better Sleep Month!

**At SleepPhones, we believe that great sleep is essential to part of a balanced, healthy lifestyle.** The other parts include eating fresh foods, regular physical activity, and taking time to relax and connect with nature. In today's world, there is so much stress and competition, it can be difficult to find balance.

Changing your diet, activity, and lifestyle is hard. A free doughnut and coffee at work in the morning sure is tempting when you're tired. Taking the stairs instead of the elevator or walking instead of driving is difficult when you're exhausted. When you're not sleeping well at night, instead of doing things like gardening or hiking, you might decide to stay home and vegetate in front of the TV.

**Changing your sleep is the easiest thing you can do to balance your life!** If you are feeling energetic and happy, you will make better choices throughout the day and gradually change your life for the better.

There is also a scientific mechanism for how sleep helps you lose weight. Getting enough sleep reduces stress to the body, so the stress hormone cortisol is reduced. Plus, the appetite-suppressing hormone leptin is produced mostly during sleep.

SleepPhones is a very natural way to relax your mind, block out noises, and slip peacefully into a restful slumber. We hope SleepPhones is a part of your feeling refreshed in the morning, prepared to face the world.

SleepPhones™  
pajamas for your ears

### RECENT BLOG ENTRIES

#### **May 5, 2010**

Baltimore's first B'More Healthy Expo

#### **May 4, 2010**

Dr. Puff Enjoys Wearing SleepPhones for Meditation!

#### **April 28, 2010**

ThinkGeek::SleepPhones Headphones

#### **April 23, 2010**

Sheep Collected Morels!

### SOCIAL NETWORKING

[Follow @SleepPhones on Twitter.](#)

[Be a Fan on Facebook.](#)

### FEATURED PRODUCTS



[Lumie Elite 300 Sleep-Alarm Clock](#)  
Price: \$249.95



[4 Feet Stereo Extension Cord](#)  
Price: \$3.95



[Volume Control Extension Cord](#)  
Price: 11.95



## New (Old) SleepPhones Colors

[See the new colors: Soft Gray, Quiet Lavender, Midnight Black, and Dark Lavender](#)

**Per popular request, the original SleepPhones colors are back!** Everyone loved the lavender and gray SleepPhones when we first launched SleepPhones. We did very well with them but determined that the fleece was just not stretchy enough. Customers had to measure their heads to make sure it would fit.

We changed to a much better (and pricier) fleece made by Polartec® that used recycled plastic bottles and supported American jobs. Customers who have owned both types tell us that the new fleece is much better than the old fleece. So we commissioned Polartec® to make us the nice shade of lavender we used to have. It took a while, but we can now offer the lavender and gray colors again.



[Indie Travel Podcast](#)

[NapSounds](#)

[Meditation For Health with Dr. Puff](#)

[ThinkGeek](#)

[Art Van Furniture](#)

If you would like to be a reseller or an affiliate, please let us know. [Email us.](#)



## International Orders

We frequently receive questions about overseas shipping. We definitely ship internationally and have shipped to every continent and many countries.

Standard shipping is only \$5. It does take some time to arrive since it uses the destination country's postal service

for final delivery. The shortest amount of time would be to Canada and the UK, with most people receiving their package within 2 weeks. The longest it ever took was to Russia, where it took 5 weeks. On average, it takes about 2-3 weeks.

International Express is \$27. That takes about 1 week to arrive. The shipping choice can be selected at checkout.

Please note that customs and import taxes will vary depending on your country. Those additional charges are the responsibility of the customer, and you may have to pay those charges before you can pick up your package. Also, some countries like Australia are very strict with plant materials, so the lavender sachets cannot be sent there.

If the US government restricts selling to your country, then we will not charge you nor ship to you. Examples include Cuba, Iran, North Korea, etc.