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Manta Sleep SLEEP

Manta Sleep Mask Instruction Manual

Model: SLEEP | Brand: Manta Sleep

1. INTRODUCTION AND OVERVIEW

The Manta Sleep Mask is engineered to provide 100% light blocking for deep, uninterrupted sleep. Featuring adjustable, detachable eye cups and a comfortable, breathable design, it ensures zero pressure on your eyes and lashes, making it suitable for various sleeping positions and environments, including travel and shift work.

2. PRODUCT FEATURES

- **100% Blackout for Deeper Sleep:** Designed to perfectly cover and conform to your eyes, blocking all light to prevent disruption of REM and deep sleep.
- **Infinitely Adjustable for Personalized Fit:** Eye cups' position, angle, and strap tightness are fully adjustable for a custom, seamless fit.
- **Soft, Breathable, Durable Materials:** Constructed with high-quality fabrics that gently conform to your face without causing pressure or irritation.
- **Zero Pressure on Eyes or Lashes:** Deeply molded eye cups ensure complete comfort in any sleeping position, protecting your eyes and lashes.
- **100% Machine Washable for Easy Care:** Simple cleaning process using cold water and the included carrying pouch, which doubles as a laundry mesh net.



Image: Detailed view of the Manta Sleep Mask highlighting its key components and materials.



Image: A comparison table illustrating the superior features of the Manta Sleep Mask against a generic alternative.

3. SETUP AND ADJUSTMENT

The Manta Sleep Mask is designed for a personalized fit. Follow these steps to adjust your mask for maximum

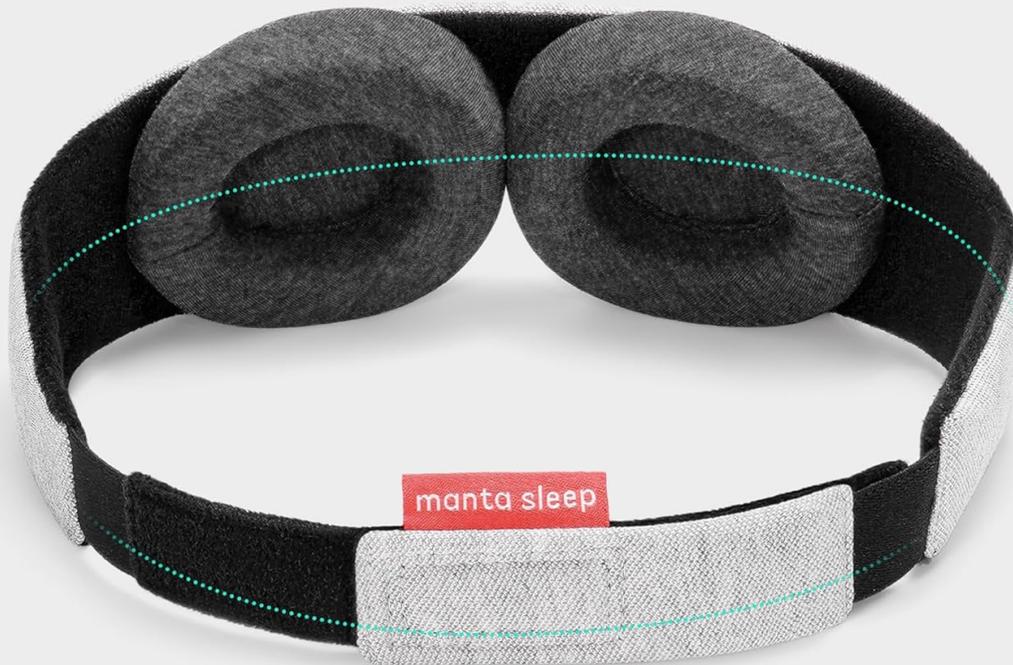
comfort and light blocking:

1. **Adjusting Eye Cups:** The eye cups are attached via Velcro. Gently detach them from the main strap. Position each eye cup directly over your eyes, ensuring they are centered and comfortable. Reattach the Velcro to secure them in place. Experiment with different positions to find the optimal placement that blocks all light without applying pressure to your eyelids or lashes.
2. **Adjusting Head Strap:** The head strap features a long Velcro section for broad adjustability. Place the mask over your eyes and bring the strap around the back of your head. Secure the Velcro ends to achieve a snug yet comfortable fit. Avoid overtightening, which can cause discomfort.



Image: The adjustable eye cups of the Manta Sleep Mask, demonstrating how they can be moved for a customized fit.

Snag-Free Head Strap Fits Most



19-24 inches

Image: The Manta Sleep Mask's adjustable head strap, designed for a secure and comfortable fit for various head sizes.

Video: A user demonstrating the adjustment of the Manta Sleep Mask's eye cups and strap for a personalized fit.

4. OPERATING INSTRUCTIONS

Once adjusted, wearing your Manta Sleep Mask is straightforward:

1. Ensure the eye cups are correctly positioned over your eyes and the strap is comfortably snug around your head.
2. The mask's design allows for blinking without interference and provides complete darkness, even in brightly lit environments.
3. For enhanced sleep quality, consider using the included earplugs to minimize auditory distractions.

100% Blackout for Deep Rest Anywhere, Anytime



Image: Two individuals wearing the Manta Sleep Mask, illustrating its effectiveness in blocking out light for deep rest.

Video: A user demonstrating the complete light-blocking capability of the Manta Sleep Mask in a bright environment.

5. MAINTENANCE AND CARE

To maintain the hygiene and longevity of your Manta Sleep Mask:

- **Machine Washable:** The entire mask, including the eye cups, is machine washable.
- **Washing Instructions:** Place the mask (with eye cups attached) inside the included carrying pouch, which doubles as a laundry mesh net. Wash in cold water on a gentle cycle.
- **Drying:** Lay flat to air dry. Do not tumble dry or iron.
- **Storage:** Store the mask in its carrying pouch when not in use to keep it clean and protected.

Machine-Washable for Daily Wear



Image: The Manta Sleep Mask disassembled with its eye cups, earplugs, and mesh carrying pouch, illustrating its machine-washable feature.

6. TROUBLESHOOTING

- **Light Leakage:** If you experience light leakage, re-adjust the position and angle of the detachable eye cups. Ensure they are snugly fitted around your eye sockets and that the nose bridge area is fully covered. Adjust the head strap for a firmer, but still comfortable, fit.
- **Discomfort/Pressure:** If the mask feels uncomfortable or applies pressure, loosen the head strap slightly. Re-position the eye cups to ensure they are not pressing against your eyes or temples. The deep-molded design should prevent direct contact with your eyes.
- **Mask Slips During Sleep:** Tighten the head strap slightly. The snag-free fasteners are designed to hold the mask in place without catching hair. Ensure your hair is not interfering with the strap's grip.

7. SPECIFICATIONS

Product Dimensions	28.55 x 2.89 x 1.37 inches
Item Weight	3.17 ounces

Item Model Number	SLEEP
Manufacturer	Manta Sleep
Material	Soft, breathable, durable materials
Color	Gray
Age Range (Description)	Adult

8. SAFETY INFORMATION

- Do not use if you have difficulty breathing or removing the mask.
- Keep out of reach of children.
- Consult a doctor before use if you have any medical conditions.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

9. WARRANTY AND SUPPORT

For any questions, concerns, or support regarding your Manta Sleep Mask, please contact Manta Sleep customer service. While specific warranty details are not provided in this manual, the manufacturer is committed to customer satisfaction.

For further assistance, please visit the official Manta Sleep website or contact their support team directly.