

Alpine SleepDeep

Alpine SleepDeep Ear Plugs Instruction Manual

Model: SleepDeep (M/L White)

1. PRODUCT OVERVIEW

The Alpine SleepDeep earplugs are designed to provide effective noise reduction and superior comfort for sleeping and concentration. They feature a unique 3D oval shape and a revolutionary sound-absorbing gel, offering a noise reduction rating (NRR) of 27 decibels. Made from ultra-soft AlpineThermoShape material, these earplugs adapt to the shape of your ear canal for a snug and comfortable fit, making them ideal for side sleepers. They are washable, sustainable, and reusable up to 100 times.



Figure 1.1: Alpine SleepDeep Ear Plugs Packaging

This image shows the Alpine SleepDeep earplugs in their retail packaging, emphasizing their key features like the 3D oval shape, high noise reduction, and reusability.

2. SETUP AND INSERTION

Proper insertion is crucial for optimal performance and comfort. Follow these steps to correctly insert your Alpine SleepDeep earplugs:

1. **Choose the Correct Size:** Ensure you are using the appropriate size for your ear canal. This product is M/L (Medium/Large). Other sizes (S, S+M/L) may be available separately.
2. **Clean Before First Use:** Before using your earplugs for the first time, clean them thoroughly as described in the Maintenance section.
3. **Prepare for Insertion:** Gently pull up on the top of your ear with one hand. This helps to straighten the ear canal.
4. **Insert the Earplug:** With your other hand, gently push the earplug into your ear canal. Rotate it slightly if needed to achieve a secure and comfortable fit. The earplug should feel snug and block sound effectively.
5. **Verify Fit:** Once inserted, the earplug should not protrude excessively and should feel comfortable, even when lying on your side. If sound is not sufficiently attenuated, gently adjust the earplug's position.

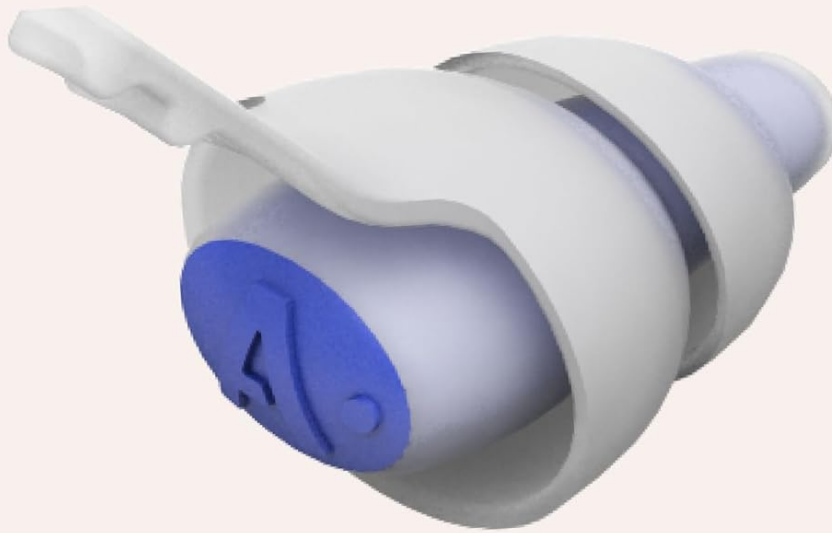


Figure 2.1: Earplugs and Carrying Case

This image displays the Alpine SleepDeep earplugs alongside their compact carrying case, which is included for convenient storage and transport.

Medium earplugs

Maximum peace



Size M/L

First-time user of SleepDeep?
Buy the multisize pack first.

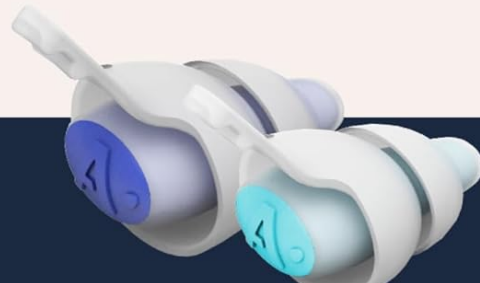


Figure 2.2: M/L Sized Earplugs

This image provides a detailed view of the M/L sized Alpine SleepDeep earplugs, illustrating their design and form factor.

3. OPERATING INSTRUCTIONS

Once properly inserted, Alpine SleepDeep earplugs work by attenuating environmental noise, allowing for a more peaceful environment for sleep or concentration. The unique sound-absorbing gel and AlpineThermoShape material conform to your ear canal, providing effective noise reduction without discomfort.

- **Noise Reduction:** The earplugs provide a Noise Reduction Rating (NRR) of 27 dB, significantly reducing ambient sounds such as snoring, traffic, or general household noise.
- **Comfort for Side Sleepers:** The soft, flexible material and oval shape are specifically designed to remain comfortable and in place even when sleeping on your side.
- **Removal:** To remove the earplugs, gently twist and pull them out of your ear canal. Avoid sudden or forceful removal.



Figure 3.1: Peaceful Sleep with Earplugs

This image depicts two individuals sleeping soundly, illustrating the benefit of the earplugs in providing a quiet environment for rest, even with a snoring partner.

Get More Sleep

Improve the quality of your sleep and **block out unwanted noise.**

- ✓ Snoring partner
- ✓ Noisy neighbours or environments
- ✓ Travel and jetlag



Figure 3.2: Enhanced Sleep Quality

This image shows an individual sleeping, with an earplug visible, highlighting how the product helps improve sleep quality by blocking unwanted noise from various sources like snoring, noisy neighbors, or travel.

4. MAINTENANCE

Regular cleaning and proper storage will extend the lifespan of your Alpine SleepDeep earplugs and ensure optimal hygiene.

- **Cleaning:** Wash the earplugs with mild soap and lukewarm water after each use or as needed. Rinse thoroughly to remove all soap residue.
- **Drying:** Allow the earplugs to air dry completely before storing them. Do not use heat to dry them.
- **Storage:** Store the earplugs in the provided clean, dry carrying case when not in use. This protects them from dust, dirt, and damage.
- **Lifespan:** With proper care, your Alpine SleepDeep earplugs are reusable up to 100 times. Replace them if they become damaged, discolored, or no longer provide effective noise reduction.

Made To Last

SleepDeep

- ✓ Easy to clean
- ✓ A sustainable alternative to single-use foam earplugs
- ✓ Reusable up to 100 times

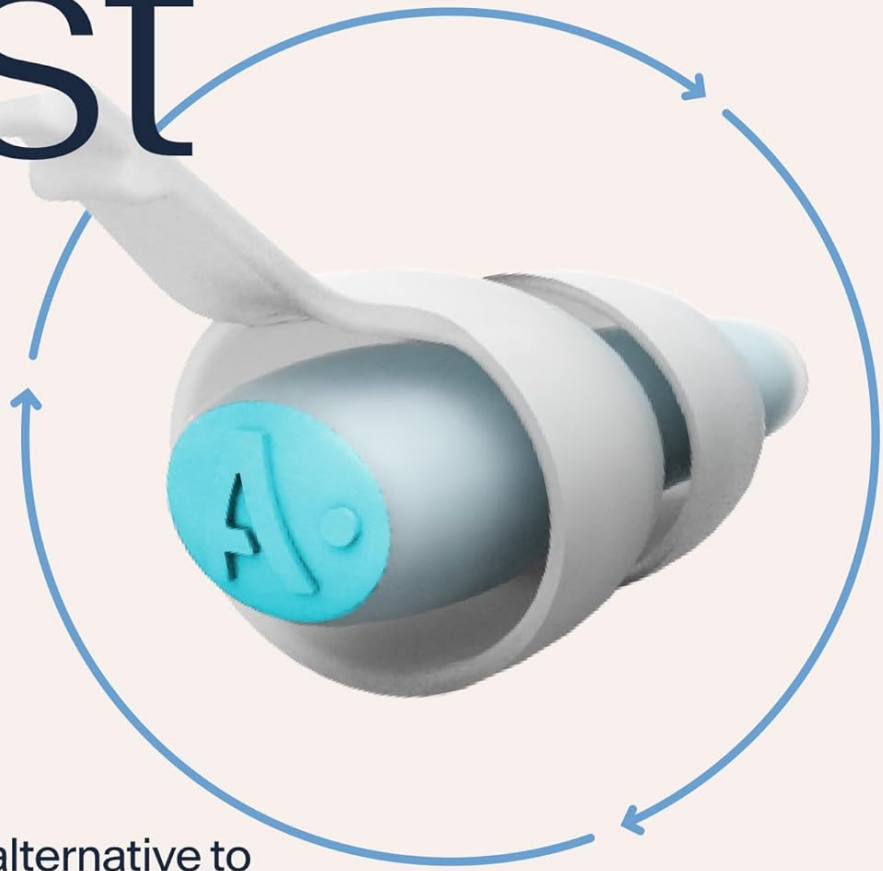


Figure 4.1: Reusability and Maintenance

This image visually represents the durability and sustainability of the Alpine SleepDeep earplugs, highlighting their ease of cleaning and reusability for up to 100 times.



Figure 4.2: Sustainable Alternative

This image contrasts the reusable Alpine SleepDeep earplugs with numerous single-use foam earplugs, emphasizing the product's environmental benefit by reducing waste.

5. TROUBLESHOOTING

Problem	Possible Cause	Solution
Earplugs do not block enough sound.	Improper insertion; earplugs not fully seated in the ear canal. Earplugs may be too small for your ear canal.	Ensure you pull up on your ear while inserting the earplug to straighten the ear canal. Gently push and rotate until a snug fit is achieved. If still ineffective, consider if a larger size (if available) or different earplug type is needed, especially if you have unusually small ear canals.
Earplugs feel uncomfortable or cause pain.	Improper insertion; earplugs pushed in too far or at an incorrect angle. Earplugs may be too large for your ear canal.	Gently re-insert the earplugs, ensuring they are not forced. They should feel snug but not painful. If discomfort persists, ensure you have the correct size. The M/L size is standard, but some individuals may require a smaller size (S).
Earplugs fall out during sleep.	Not inserted deeply enough; ear canal not straightened during insertion.	Follow the insertion instructions carefully, ensuring the earplug is securely seated. The AlpineThermoShape material adapts to body temperature to maintain a secure fit.
Earplugs appear dirty or worn.	Lack of regular cleaning; exceeding recommended reuses.	Clean earplugs regularly as per the Maintenance section. If they are visibly damaged, discolored, or no longer perform effectively after many uses, it is time to replace them.

6. SPECIFICATIONS

- **Model Name:** SleepDeep
- **Brand:** Alpine
- **Material:** AlpineThermoShape
- **Color:** White
- **Noise Reduction Rating (NRR):** 27 dB
- **Size:** M/L (Medium/Large)
- **Reusability:** Up to 100 times with proper care

- **Package Dimensions:** 4.69 x 3.19 x 0.75 inches
- **Item Weight:** 0.63 ounces
- **Manufacturer:** Alpine Hearing Protection
- **ASIN:** B097YQLX6K



Figure 6.1: Designed for Comfort Diagram

This diagram illustrates the design principles of the Alpine SleepDeep earplugs, highlighting the soft, noise-reducing core, the material that shapes to your ear, and the oval shape that mimics the ear canal for optimal comfort.

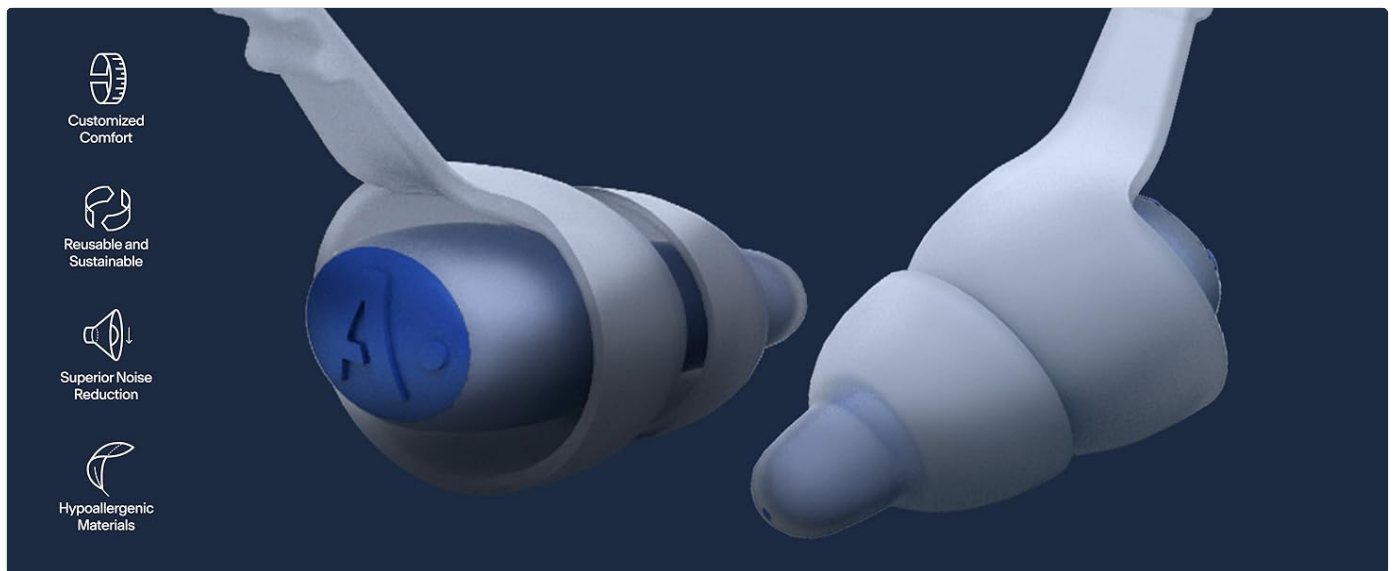


Figure 6.2: Key Features Overview

This image provides a visual summary of the Alpine SleepDeep earplugs' key attributes, including customized comfort, reusability, superior noise reduction, and the use of hypoallergenic materials.

7. WARRANTY AND SUPPORT

Alpine Hearing Protection stands behind the quality of its products. For specific warranty information or to inquire about product support, please contact the manufacturer directly.

- **Manufacturer:** Alpine Hearing Protection
- **Website:** www.alpinehearingprotection.com (Please note: This is a general link to the manufacturer's website and not specific support page.)
- **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. This product is an earplug for noise reduction.



Figure 7.1: Dutch Design and Expertise

This image highlights Alpine Hearing Protection's origin in the Netherlands and their 25 years of experience in developing quality hearing protection products.

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Related Documents



[Alpine SleepDeep Earplugs: Soft, Noise-Reducing, Reusable Sleep Comfort](#)

Discover Alpine SleepDeep earplugs for a perfect fit and high noise reduction. Soft, oval-shaped, reusable, and silicone-free for comfortable, undisturbed sleep. Ideal for side sleepers and reducing snoring noise.



Congratulations on your new Alpine purchase!

Thank you for choosing Alpine. We're committed to giving you the best experience with the SleepDeep. Sleep earplugs are a unique product, and it's important that you use and maintain them properly to get the most out of them.

How to insert, and maintain your Alpine SleepDeep earplugs

To get the best, softest possible sleeping experience, it's important to use the SleepDeep earplugs properly. To insert the plug, start by pulling your ear to stretch your ear canal.

For a perfect seal, insert the earplug into your ear until it fits snugly. If you feel any discomfort, remove the earplug and try again.

Make sure the earplug is aligned with your ear canal. If you feel any discomfort, remove the earplug and try again.

If the earplug is too big, don't use it.

When removing, carefully pull the earplug out of the ear.

Clean the earplugs regularly with mild soap and warm water. Do not use alcohol or other harsh chemicals.

Check the earplugs regularly and replace them if they are damaged or worn out.

How come earplugs never fully block out all noise?

Our bodies conduct sound in two ways: through our ears and through our bodies. Our skin picks up vibrations when our bodies are exposed, making it possible to perceive sounds even when the ears are fully sealed.

Did you know...?

How to use the SleepDeep earplugs for extra comfort: Insert the earplugs into your ear, making sure they are fully seated.

The SleepDeep is designed to fit in every ear as possible. Only the SleepDeep has two ear sizes: large and small for both sides.

How do we compare

	SLEEPDEEP	FOAM	WAX
Comfort	++	+	+
Sound reduction	++	+	+
Reusable	++	+	+
Good for sleeping	++	+	+
Good for side sleepers	++	+	+

For more instructions, please check our video on Amazon.

Sweet dreams!

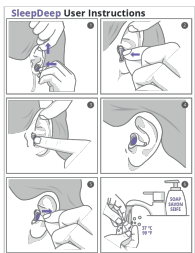
[Alpine SleepDeep Earplugs: Product Instructions and Guide](#)

Comprehensive instructions for using and maintaining Alpine SleepDeep earplugs for optimal comfort and noise reduction. Learn how to insert, clean, and compare SleepDeep with other earplug types.



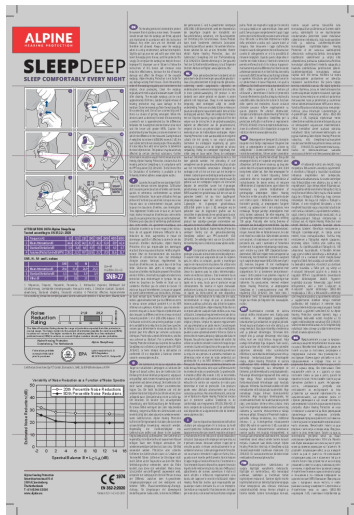
[Alpine SleepSoft Earplugs: Comfortable Sleep and Noise Reduction](#)

Discover Alpine SleepSoft earplugs designed for comfortable sleep, effective noise reduction, and ambient sound filtering. Ideal for side sleepers and reusable up to 100 times.



[SleepDeep User Instructions: How to Insert and Clean Your Earplugs](#)

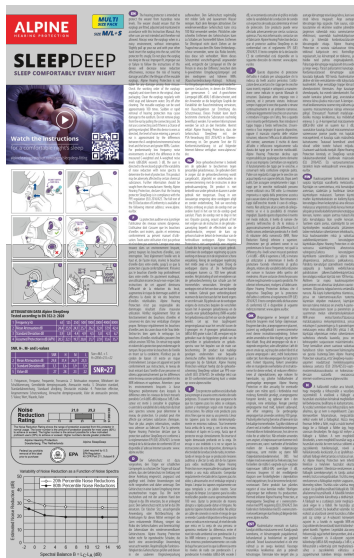
Step-by-step guide on how to properly insert and clean Alpine SleepDeep earplugs for optimal comfort and hygiene.



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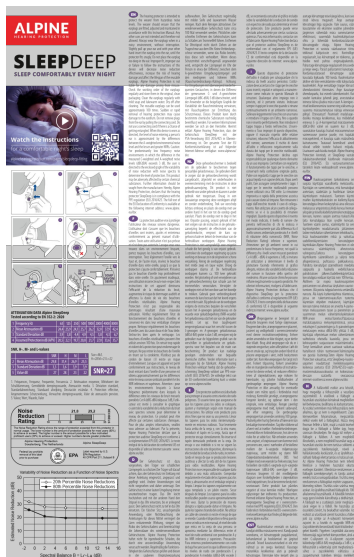
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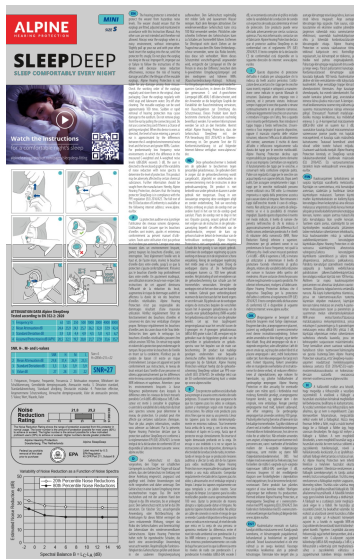
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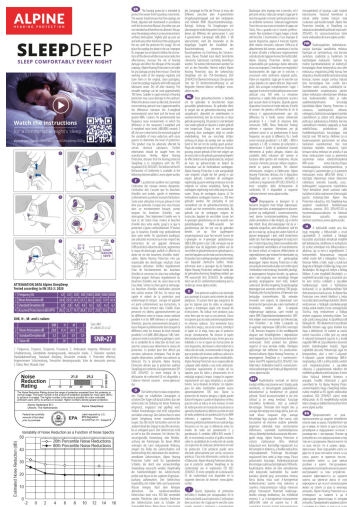
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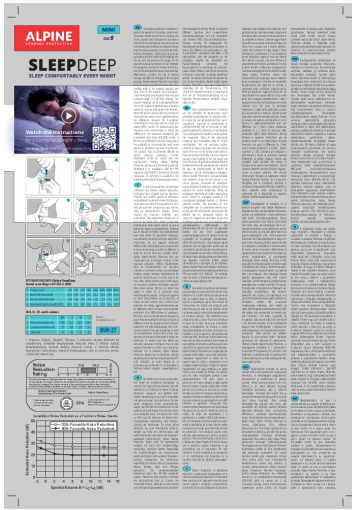
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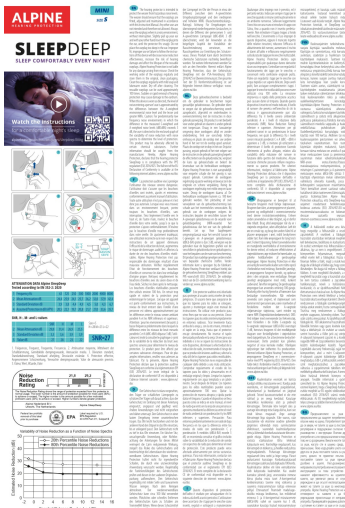


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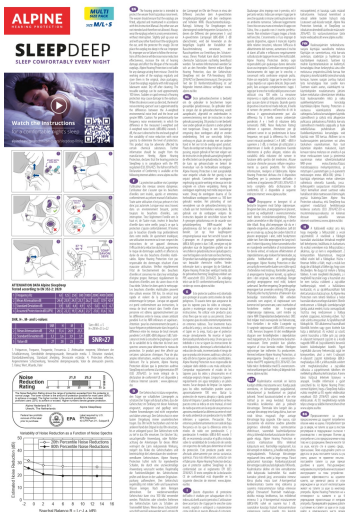
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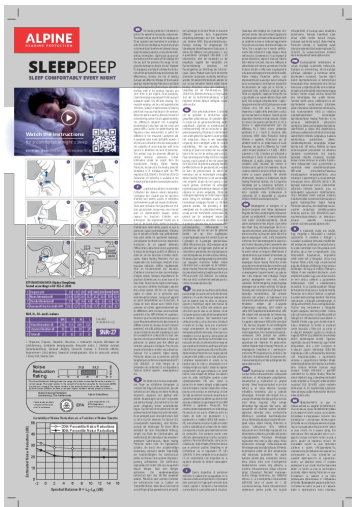
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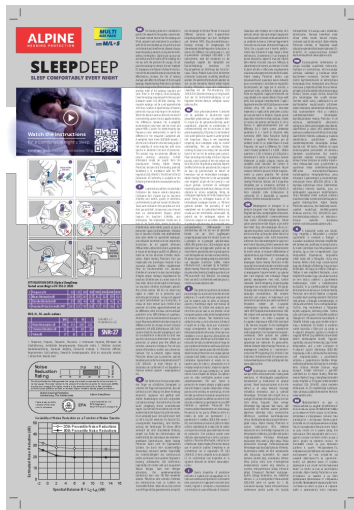
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Alpine SleepDeep Earplugs: Product Instructions and Guide

Comprehensive instructions for using and maintaining Alpine SleepDeep earplugs for optimal comfort and noise reduction. Learn how to insert, clean, and compare SleepDeep with other earplug types.

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Congratulations on your new Alpine purchase!

Thank you for choosing Alpine. We're committed to giving you the best experience with the SleepDeep. These earplugs are uniquely designed, and it's important that you use and maintain them properly to get the most out of them.

How to insert and maintain your Alpine SleepDeep earplugs

1

Try out the M/L size purple earplug first. If it hurts or can't be inserted fully, switch to the blue size S plug.

To insert the plug, start by pulling your ear to stretch your ear canal.

2

For a perfect seal, insert the earplug into your ear until it no longer sticks out. Make sure that the tab is still in reach for ease of removal.

3

Make sure the earplug is aligned with your ear canal. You can do this by ensuring the pull tab points behind you.

4

If the earplug is too big then try size S.

5

When removing, carefully pull the removal tab of the earplug.

6

Clean the earplugs regularly with mild soap and lukewarm water. Dry off after cleaning.

Check the working order of the earplugs regularly and store them in the travel case. The SleepDeep can be reused approximately 100 times.

How come earplugs never fully block out all noise?

Our bodies conduct sound in two ways: through air, and bone. Our skull picks up vibrations which our eardrum processes, making it possible to perceive sounds even when the ear canal is fully sealed.

Did you know...?



You can also use these earplugs for noise cancellation during your day (e.g. working, travelling, or exercising).



The SleepDeep is designed to fit as many ears as possible. Only 5% of people will have ears too large or too small for both sizes.

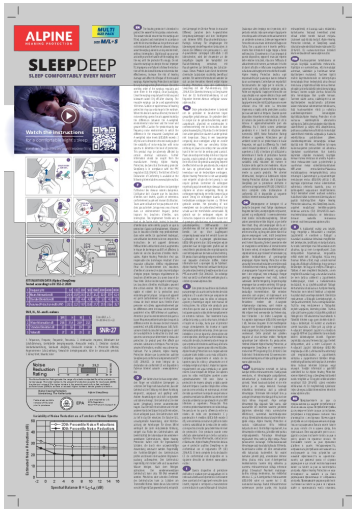
How do we compare

Experience the Alpine SleepDeep difference

SLEEPDEEP COMPARISON	SLEEPDEEP EARPLUGS	FOAM EARPLUGS	WAX EARPLUGS
Level of comfort	++	—	—
Noise reduction and protection	+	++	++
Reusable	++	—	+
Great for sleeping	+	—	—
Ideal for side sleepers	+	—	—

For more instructions, please check our video on Amazon

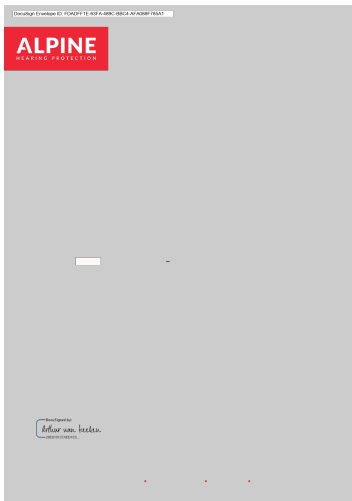
Sweet dreams!



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SLEEPDEEP

SLEEP COMFORTABLY EVERY NIGHT

PRODUCT INSTRUCTIONS

Congratulations on your new Alpine purchase!

Thank you for choosing Alpine. We're committed to giving you the best experience with the SleepDeep. These earplugs are uniquely designed, and it's important that you use and maintain them properly to get the most out of them.

How to insert and maintain your Alpine SleepDeep earplugs



Try out the M/L size purple earplug first. If it hurts or can't be inserted fully, switch to the blue size S plug.

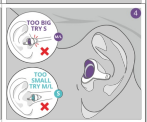
To insert the plug, start by pulling your ear to stretch your ear canal.



For a perfect seal, insert the earplug into your ear until it no longer sticks out. Make sure that the tab is still in reach for ease of removal.



Make sure the earplug is aligned with your ear canal. You can do this by ensuring the pull tab points behind you.



If the earplug is too big then try size S.



When removing, carefully pull the removal tab of the earplug.



Clean the earplugs regularly with mild soap and lukewarm water. Dry off after cleaning.

Check the working order of the earplugs regularly and store them in the travel case. The SleepDeep can be reused approximately 100 times.

How come earplugs never fully block out all noise?

Our bodies conduct sound in two ways: through air, and bone. Our skull picks up vibrations which our eardrum processes, making it possible to perceive sounds even when the ear canal is fully sealed.

Did you know...?



You can also use these earplugs for noise cancellation during your day (e.g. working, travelling, or exercising).



The SleepDeep is designed to fit as many ears as possible. Only 5% of people will have ears too large or too small for both sizes.

How do we compare Experience the Alpine SleepDeep difference			
SLEEPDEEP COMPARISON	SLEEPDEEP EARPLUGS	FOAM EARPLUGS	WAX EARPLUGS
Level of comfort	++	—	—
Noise reduction and protection	+	++	++
Reusable	++	—	+
Great for sleeping	+	—	—
Ideal for side sleepers	+	—	—

For more instructions, please check our video on Amazon

Sweet dreams!

[pdf] Instructions

Congratulations on your new Alpine purchase! Sweet dreams!Page 1 Thank you for choosing We re committed to giving the best experience with SleepDeep 9101p5SxK4Lm media amazon images I 9101p5SxK4L ref dp product quick view |||

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[\[pdf\]](#) Dimension Guide

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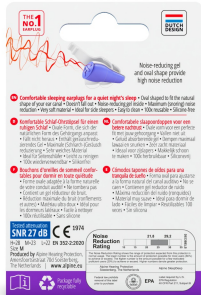


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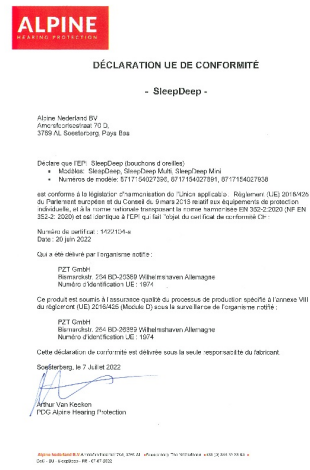


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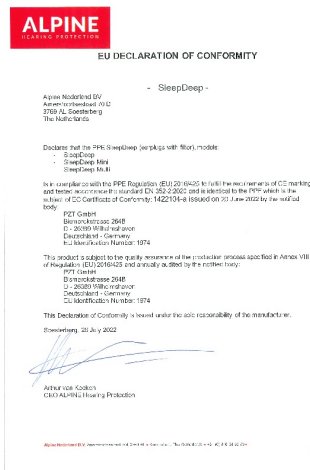


[pdf] Declaration of Conformity

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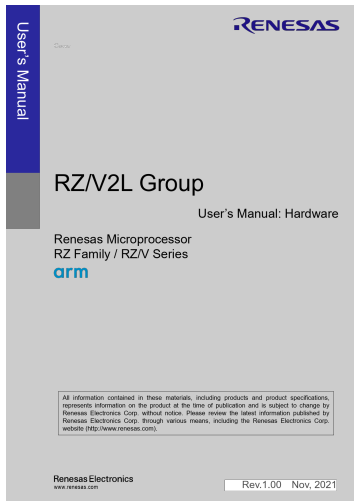


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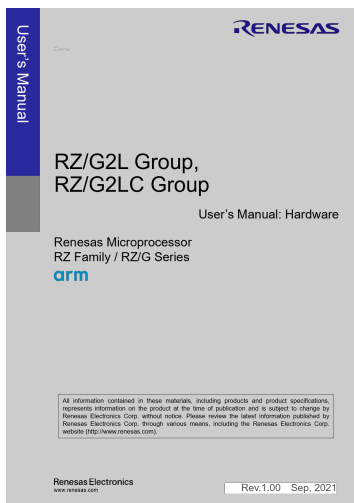
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[pdf] User Manual Specifications

RZ V2L Group User s Manual Hardware Renesas Electronics Corporation Download user manual Family of Microprocessors Avnet rzv2l hardware MOD AJPERES CVID n UWY4k attachment false id avnet wps wcm connect onesite 5c77e8a7 6410 4555 87cd d1e7b7baa353 1648074938711 |||

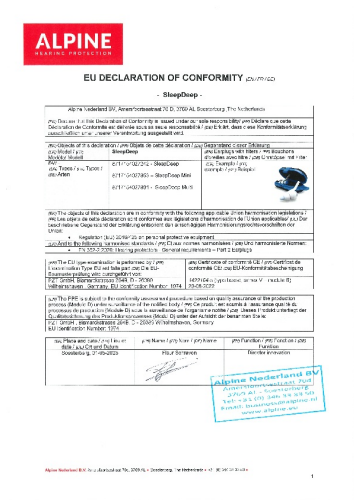
User s Manual Cover RZ/V2L Group User s Manual: Hardware Renesas Microprocessor RZ Family / RZ/V Se ... d disables the interrupts used for the normal operation.*2 4. Issue Barrier instruction. 5. Set the **SLEEPDEEP** bit of the SCR register in Cortex-M33 to 1. 6. Read SCR register to confirm whether the SL...
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[pdf] User Manual Specifications

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User s Manual Cover RZ/G2L Group, RZ/G2LC Group User s Manual: Hardware Renesas Microprocessor RZ F ... d disables the interrupts used for the normal operation.*2 4. Issue Barrier instruction. 5. Set the **SLEEPDEEP** bit of the SCR register in Cortex-M33 to 1. 6. Read SCR register to confirm whether the SL...
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[pdf] Declaration of Conformity

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