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Alpine Hearing Protection 111.21.161

Alpine SleepDeep Multisize Ear Plugs Instruction Manual

Model: 111.21.161
Brand: Alpine Hearing Protection

1. INTRODUCTION

The Alpine SleepDeep Multisize ear plugs are designed to provide optimal comfort and effective noise reduction for individuals seeking improved sleep and concentration. These ear plugs feature a unique 3D oval shape and a revolutionary sound-absorbing gel, offering up to 27dB of noise attenuation. They are particularly suited for side sleepers due to their ultra-soft material and ergonomic design.



Image 1: Alpine SleepDeep Multisize ear plugs, showing the packaging and the earplugs in their case.

2. PRODUCT FEATURES

- **Optimal Fit:** The SleepDeep Multi pack includes sizes Small (S) and Medium/Large (M/L) to ensure a suitable fit for various ear canal sizes. The unique oval shape and special materials contribute to ultimate comfort.
- **Unique Noise Reducing Gel:** Incorporates a revolutionary sound-absorbing gel that provides effective attenuation

against environmental noise and snoring. The noise reduction rating (NRR) is 27 decibels.

- **Ultra Soft AlpineThermoShape Material:** Made from AlpineThermoShape material, which is super gentle and adapts to the shape of your ears due to body temperature, offering comfort, especially for side sleepers.
- **Innovative Dutch Design:** Designed in The Netherlands, these earplugs are washable, sustainable, and reusable.
- **Hypoallergenic Materials:** Constructed from hypoallergenic materials to minimize irritation.

Designed For Comfort



- ✓ Soft, noise-reducing core
- ✓ Material that shapes to your ear
- ✓ The oval shape mimics the ear canal

Image 2: An illustration highlighting the comfort design of the Alpine SleepDeep earplugs, showing the soft, noise-reducing core and oval shape.

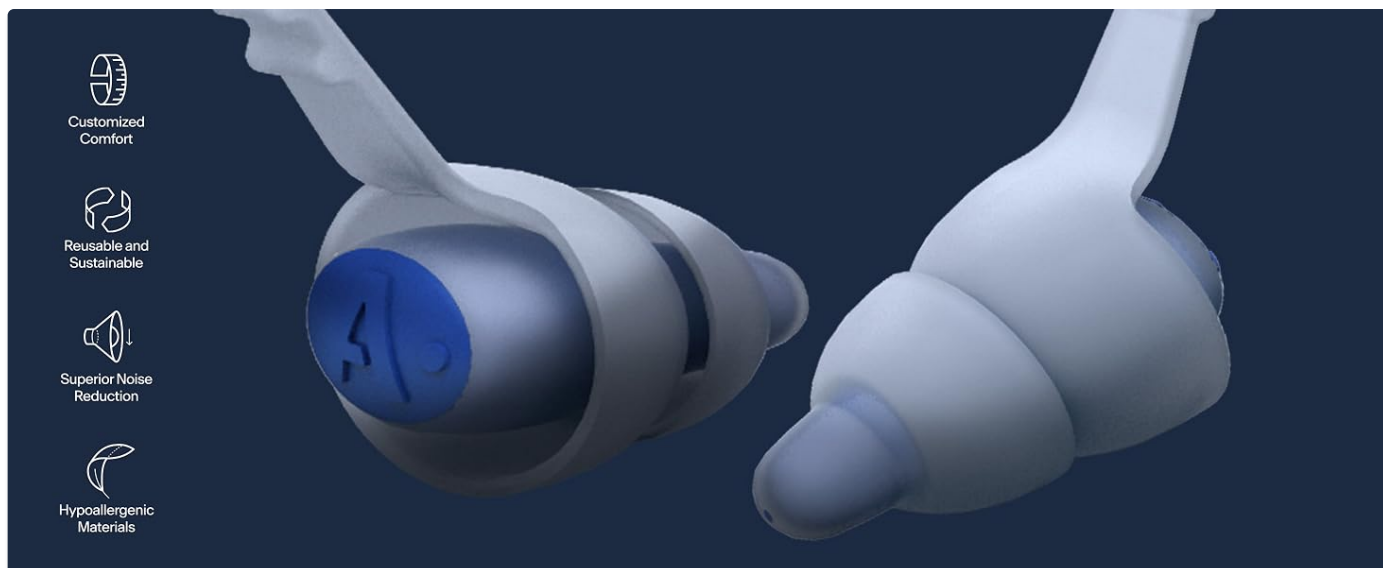


Image 3: Visual representation of key features including customized comfort, reusability, superior noise reduction, and hypoallergenic materials.

3. WHAT'S IN THE BOX

Your Alpine SleepDeep Multisize package includes the following items:

- 1 x Alpine SleepDeep storage case
- 1 pair of SleepDeep earplugs, size Small (S)
- 1 pair of SleepDeep earplugs, size Medium/Large (M/L)



Image 4: An overview of the package contents, showing the Alpine SleepDeep case and both pairs of earplugs (S and M/L).

4. SETUP AND HOW TO USE

Follow these steps for proper insertion and optimal performance of your SleepDeep earplugs:

1. Gently pull up on the top of your ear to straighten the ear canal.
2. Insert the earplug into your ear canal. Ensure the oval shape of the earplug aligns with the natural shape of your ear canal.
3. Push the earplug in until it feels snug and comfortable. Do not insert too deeply. The earplug should sit securely

without causing discomfort.

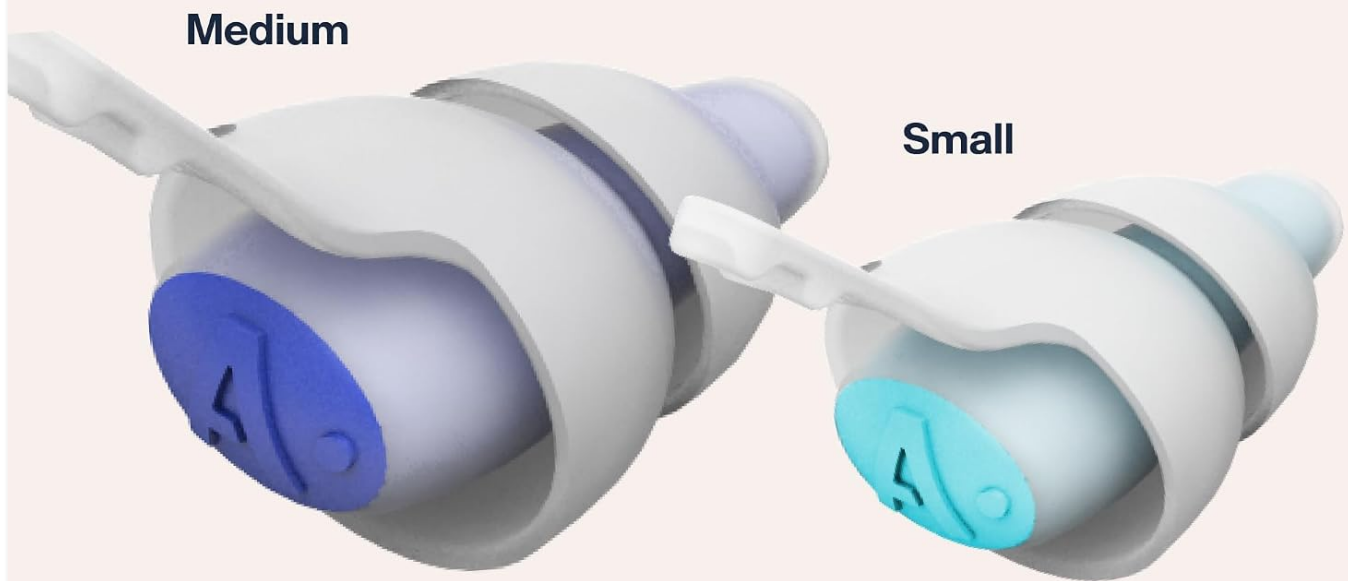
4. Test the fit by gently wiggling your head or jaw. The earplug should remain in place and provide noticeable noise reduction.

Experiment with both the Small (S) and Medium/Large (M/L) sizes provided to determine which offers the best fit and seal for each ear, as ear canal sizes can vary.



Image 5: A person demonstrating the correct method for inserting an Alpine SleepDeep earplug into the ear canal.

Find Your Perfect Fit



Each ear is unique.
Multiple sizes help you find the perfect fit.

Image 6: A visual comparison of the Small and Medium/Large earplug sizes, emphasizing the importance of finding the perfect fit.

5. OPERATING INSTRUCTIONS

Alpine SleepDeep ear plugs are designed for various situations where noise reduction is desired:

- **Sleeping:** Ideal for blocking out snoring partners, noisy neighbors, or general environmental sounds to promote restful sleep.
- **Concentration:** Use in environments where focus is required, such as studying or working, by reducing distracting background noise.
- **Travel:** Effective for reducing noise during flights, train rides, or in hotels to enhance comfort and minimize disturbances like jet lag.

Get More Sleep

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

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



Image 7: A person sleeping peacefully with Alpine SleepDeep earplugs, highlighting their use for improved sleep quality by blocking unwanted noise from snoring, neighbors, or travel.

6. MAINTENANCE AND CARE

To ensure the longevity and hygiene of your Alpine SleepDeep ear plugs, follow these care instructions:

- **Cleaning:** The earplugs are washable. Clean them regularly with lukewarm water and mild soap. Rinse thoroughly and allow them to air dry completely before storing or re-using.
- **Storage:** Store the earplugs in the provided Alpine SleepDeep case when not in use to protect them from dirt, dust, and damage.
- **Reusability:** These earplugs are designed for extended use and can be reused up to 100 times with proper care. Replace them if they show signs of wear, tear, or if their noise reduction effectiveness diminishes.

Made To Last

SleepDeep

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



Image 8: An illustration emphasizing the reusability and easy-to-clean nature of the Alpine SleepDeep earplugs, promoting them as a sustainable alternative.

7. TROUBLESHOOTING

If you encounter issues with your Alpine SleepDeep ear plugs, consider the following:

- **Insufficient Noise Reduction:** If the earplugs do not block sound effectively, ensure they are seated properly in your ear canal. The oval shape should align with your ear canal. Try gently pushing them in further until a good seal is achieved.
- **Discomfort or Loose Fit:** If the earplugs feel uncomfortable or fall out, try the alternative size (S or M/L) provided in the pack. Ear canal sizes can differ between individuals and even between ears. Ensure your ears are clean and dry before insertion.
- **Ear Irritation:** If irritation occurs, discontinue use and consult a healthcare professional. Ensure earplugs are cleaned regularly as per maintenance instructions.

8. SPECIFICATIONS

Specification	Detail
Product Dimensions	0.75 x 3.23 x 4.72 inches; 0.71 ounces
Model Number	111.21.161
Material	AlpineThermoShape
Noise Reduction Rating (NRR)	27dB
Recommended Uses	Noise Protection (Sleeping, Concentration)
Size	2 Count (Pack of 1) - S + M/L

9. SAFETY INFORMATION

Important Safety Notice:

- These earplugs are not designed for swimming or other water-based activities.
- They are intended for noise reduction only.
- Keep out of reach of small children to prevent choking hazards.
- Do not insert earplugs too deeply into the ear canal.

10. WARRANTY AND SUPPORT

Specific warranty details are not provided in the product information. For any product-related inquiries, support, or to view other Alpine Hearing Protection products, please visit the official Alpine Hearing Protection store on Amazon:

[Visit Alpine Hearing Protection Store](#)

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