



Tips For Choosing Earbuds For Sleeping



Choose a material that is durable, effective, and comfortable

Ensure the earbuds have a long battery life



Opt for reusable earplugs for daily use

Ensure the Noise Reduction Rating (NRR) of the earbuds matches your needs



Ensure the size of the plugs is compatible with your ear size

Look for additional features, including long cords, waterproof material, storage case, etc.

