



EARMUFFZ
HEARING FOR LIFE

User Guide

How to use your Earmuffz Sleep



Inserting your earplugs



Follow these steps to insert your earplugs correctly:



1

Hold the earplugs with the tip facing downwards, ready to insert.



2

Gently pull your ear back and insert the tip at a slight angle.



3

Push the earplug in with light pressure and rotate slightly to ensure a proper seal.

Tip: If you notice your own voice sounds louder or more "in your head", that's a good sign the earplug is sealed properly.

Finding your fit



Your Earmuffz will come fitted with medium (M) ear tips attached.



If the ear tip **feels loose or falls out**, go up a size



If they feel **too tight or don't sit flush**, switch to a smaller size.



Ear Tip	Ear Tip Sizes
L	11-13mm
M	10-12mm
S	9-11mm
XS	8-10mm

Tip: If you notice your own voice sounds louder or more "in your head", that's a good sign the earplug is sealed properly.

Remember: Every ear is unique – you may need different ear tip sizes for each ear. Mix and match for the best comfort and seal.

Switching your ear tips



Follow these steps to insert your earplugs correctly:



1

Gently hold the ear tip between your fingers.



2

Carefully pull it away from the earplug body.



3

Align the stem and push it gently into the new ear until secure.



4

Make sure the tip is firmly in place – and you're ready to go!

Tip: If you notice your own voice sounds louder or more "in your head", that's a good sign the earplug is sealed properly.

Understanding Earmuffz Sleep



Follow these steps to insert your earplugs correctly:



Earmuffz Sleep is designed to fit the natural shape of your ear, reducing touchpoints for greater comfort and easier insertion.

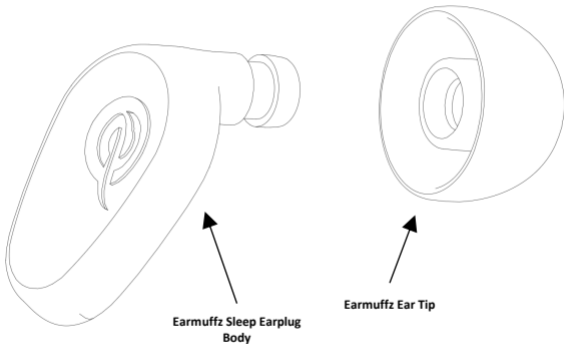


The ear tips are made from soft silicone to gently conform to your ear canal, creating a comfortable fit with a secure seal for effective noise reduction.

Understanding Earmuffz Sleep



Follow these steps to insert your earplug correctly:



Single Number Rating (SNR)



SINGLE NUMBER RATING (SNR)

EARTIPS

EN 352-2:2020+A1:2024

PPE-Regulation(EU)2016/425



26dB

					Mean	Standard	APV(dB)
					value(dB)	deviation(dB)	
					125	3.1	18.3
					250	2.8	18.1
					500	3	20.3
					1000	2.7	22.4
					2000	3.1	26.9
					4000	2.9	27.3
					8000	3	26.7

	(dB)	(dB)	(dB)	(dB)
Mean	SNR _n 27.4	H _n 28.8	M _n 25	L _n 22.7
StDev	SNR _s 1.9	H _s 2.2	M _s 2.1	L _s 2.1
Value	SNR 26	H 27	M 23	L 21

Cleaning your earplugs



Clean them properly by following these tips:



Remove the ear tips before starting the cleaning process.



Use a damp cloth to gently clean the ear tips.
Repeat the process for the body.



Allow all parts to dry completely before reattaching the ear tips.



Do not soak the earplugs in water and avoid using harsh chemicals or sharp tools

Tip: Replace your ear tips after 100 uses.

Disclaimer



This product is used for noise reduction and hearing protection.

The information provided in this user guide is for general guidance and informational purposes only. While we strive to ensure the accuracy and completeness of the content, Earmuffz makes no warranties or representations, express or implied, about the suitability, reliability, or accuracy of the information contained herein.

Use of our products should always follow the safety instructions and guidelines provided. Improper use may result in reduced effectiveness or personal injury. Earmuffz is not liable for any damage, loss, or injury arising from the misuse of our products or failure to follow instructions.

Product specifications, designs, and user instructions are subject to change without prior notice. For the latest version of this manual or additional support, please visit our website.

Before use, please find the appropriate size of earplugs that fit your ears. Check the integrity of the earplugs and replace them if necessary. Deal with any damage promptly. When using the earplugs, please simply clean them and put them back in the box. The package contains two XS-sized, two S-sized, two L-sized silicone earplugs for replacement. When replacing the earplugs, if the earplugs are disconnected or two to be replaced, you can replace them according to the applicable size.

Always wear earplugs in noisy environments. Warning: Removing earplugs suddenly or rapidly from the ear canal may damage the eardrum. Warning: Failure to follow the recommendations will severely compromise the protection provided by the earplugs. Warning: This product is not suitable for high continuous noise environments. Declaration: This product may be adversely affected by certain chemical substances. Please consult the manufacturer for more information. Two earplugs must be worn each time. Do not continue to use the earplugs if they show any abnormalities or damage.

Expiration period 5 years. [Storage and Transportation Conditions] Ambient temperature: -20°C to +50°C, relative humidity: <80%, no corrosive gases, good ventilation.

Incorrect fitting, interruptions in wearing, dirt, wear, and damage may reduce the product's protective performance. Other personal protective equipment, such as glasses, helmets or masks, may affect the fit and reduce the protective performance.

Notified Body for EU type-examination

Body Number: 2957

Notified Body: certification module: module B

Notified Body: Intercert Global Sp. z o. o.

Address: Krucza 16/22 00-526 Warszawa, Poland

Notified Body for EU type-examination

Body Number: 2957

Notified Body: certification module: module D

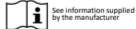
Notified Body: Intercert Global Sp. z o. o.

Address: Krucza 16/22 00-526 Warszawa, Poland

Website link for the declaration of conformity: <https://earmuffz.com>

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