



# SleepMask

100% Blackout Design.  
Vibration Therapy.  
Unmatched Comfort.

Better sleep just got easier with Therabody SleepMask. Its 100% blackout design and three gentle vibration patterns help you fall asleep faster and enhance sleep quality. Made from soft, breathable fabric, it fits comfortably on any face shape without pressure on the eyes. The adjustable, non-slip strap keeps it in place and prevents hair tangling. Ideal for bedtime, travel, or naps, the SleepMask creates a perfect environment for restful sleep anytime, anywhere.

## Scientifically-Proven Benefits

- Improve quality of sleep
- Fall asleep faster
- Reduce sleep disturbances
- Wake feeling refreshed
- Increase relaxation

## Key Features

- 100% blackout design to help you fall asleep faster and reduce sleep disturbances
- Three quiet, massaging vibration patterns—Pulse, Wave, and Constant—with adjustable intensity levels
- Contoured plush padding that ensures zero pressure on the eyes and nose, allowing you to blink freely
- Removable, machine-washable inner padding layer for easy cleaning
- Auto shut-off after 15 minutes that gradually fades vibration as you drift off to sleep
- Lightweight and portable with a travel case for easy storage or packing
- Travel lock feature to ensure it won't accidentally turn on during transit
- 4 hour battery life with USB-C charging



Light  
Blocking



Vibration  
Therapy



All Position  
Comfort



Free TheraMind  
Sound Content in  
Therabody App