

# **Side Sleeping Earbuds Problem**

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## **Problem Statement**

- Individuals who sleep on their sides need a more comfortable alternative to Earbuds so they can listen to soothing music or white noise without waking the entire house with a sound machine.

## **Who is Experiencing This Problem?**

- People who sleep on their side and listen to music, white noise, or anything else whilst they go to sleep are the individuals affected by this problem.

## **What is the Problem?**

- The problem stems from the uncomfortability of trying to sleep on your side with earbuds in your ears. Often people will try to put an earbud in the ear that isn't pressed against the pillow and if they wish to roll over, they then must remove the earbud and swap ears which is a tedious task while trying to sleep. Alternatively, if you fall asleep with the earbud in your ear and roll onto your other side the earbud may fall out or could potentially cause discomfort.

## **Where Does the Problem Present Itself?**

- The problem presents itself to people who sleep on their sides and wish to listen to music, white noise, etc. It often occurs when the individual is being courteous to neighbors or roommates by not blasting whatever they wish to listen to while everyone is trying to sleep.

## **Why Does This Issue Matter?**

- As a person who sleeps on my side every night, this issue makes it difficult to listen to soothing music or white noise without having to fight with earbuds as I toss and turn. I live with a roommate and don't wish to play music aloud which might disturb them, so I'm often left with no choice but to bear the uncomfortable and tedious task that is wearing earbuds to bed whilst being a side sleeper. If something existed that was both comfortable and allowed for the ability to toss and turn while listening to music/white noise that would make sleeping on your side a much more bearable experience.