

Bose's Sleepbuds II are vastly improved and perfect for sleep

It's been over three years since Bose introduced a unique new product called Sleepbuds. The dime-sized earbuds sold out on Indiegogo within six days, a testament to the fact that people around the world are looking for [ways to get a good night's sleep](#).

For a while, Sleepbuds did a terrific job of helping wearers fall asleep thanks to their comfortable fit and noise-masking sounds. Sadly, the first-generation earbuds had a defect with their tiny battery that made them unusable. This [led to a product-wide recall](#) and sent Bose back to the drawing board.

Now, the [second-generation Sleepbuds II are here](#) and they are better than ever. Almost every aspect of the already-great earbuds have been improved and the [battery issue appears to be fixed](#). Meanwhile, Bose has added an abundance of new sleep sounds and redesigned the ear tips to be even more comfortable.

Earbuds Designed for Sleep

Plenty of people wear headphones to bed. Whether it's for blocking out noisy neighbors or adding a calming soundtrack, [it has been proven](#) that nature sounds and relaxing music can lead to better sleep.

[Sleepbuds II](#) excel at what they are designed for—which is sleep and sleep alone. While the tiny earbuds connect to a smartphone phone via Bluetooth, users can't stream music from apps like Spotify. Instead, Bose has a carefully curated library of more than 35 tracks. They range from nature sounds like thunderstorms, babbling brooks, and windy harbors to noise-masking sounds like a fan or distant chattering, and an array of whimsical soundscapes.

The buds feature silicone ear tips that create a comfortable and secure seal. This keeps them snugly in your ears all night and also works to block out sounds like a snoring partner or traffic on the street below. Of course, since the buds are so good at blocking out sounds, they feature built-in alarms for the morning so you can get up without disturbing a partner or worrying about not hearing your alarm clock.

As a trade-off for not being designed to stream audio, Sleepbuds II are incredibly small. They are far more compact than any other wireless earbud on the market. This means wearers can comfortably sleep on their side without the buds digging into their ear.

Second-Gen Improvements

As mentioned, every facet of the Sleepbuds II has improved since the original model was discontinued. They come with a charging case that provides an additional 30 hours of battery life (on top of the 10 hours the buds provide). It now features USB-C charging and a more secure connection that puts the Sleepbuds in an ideal position for charging.

Meanwhile, the updated ear tips are [designed to mask low-frequency noises](#), which Bose states are “the biggest threats to a peaceful bedroom.” This includes things like snoring, idle engines, and footsteps.

Although new wearers won't notice, the second-gen Sleepbuds have a new finish that prevents the "pillow rubbing" sound that would occur with the original buds. That's a welcome change that leads to a more peaceful night for side-sleepers.

The Sleepbuds II definitely have a target market—anyone that has trouble falling asleep. For those individuals, the buds are [a tremendous help](#).