

# How does Nightingale help me sleep?



## Common household sounds masked by Nightingale

### IN BEDROOM

- snoring
- text message beep
- computer
- whispers
- ticking watch

### IN HOME

- talking
- TV
- video games
- dishwasher
- crying baby

### OUTSIDE

- rustling leaves
- moderate rainfall
- birds chirping
- freeway traffic
- lawnmower



Nightingale will not mask alarm clocks, smoke detectors, or home security alarms

These models assume a typical second floor master bedroom (200 sq ft+) in a 2400 sq ft+ home situated at least 100 ft from the street. Building construction/materials, as well as the sound pressure and frequency of the noise sources will be impacted by personal preferences and other environmental noises that may alter the effectiveness of Nightingale. Noise sources are considered within the confines of the bedroom, the home or 100 ft from the home for external factors.