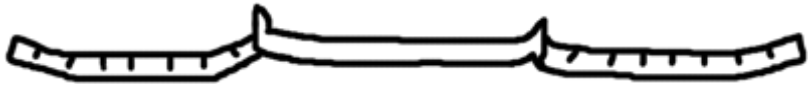
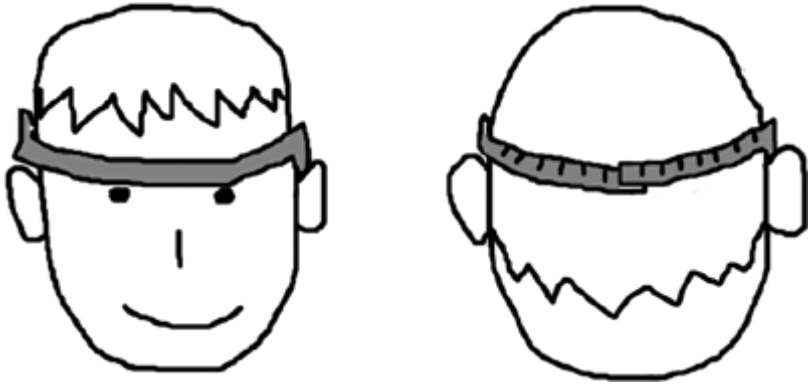
Instructions

1. Cut along the bolded lines.
2. You should have a home-made tape measure! If you stretch it out, it looks like this:



3. Use it to measure across your forehead, just above the ears, and across the back of the head, over your hair. Like this:

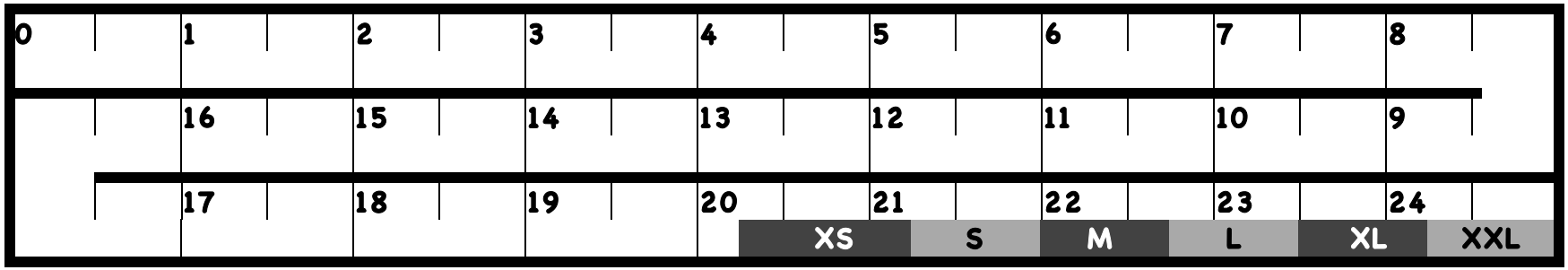


SleepPhones™ Size Chart

SleepPhones Size	Tape Measure (inches)	Hat Size (US)
Small	21 1/4"-21 7/8"	6 3/4 - 6 7/8
Medium	22"- 22 5/8"	7 - 7 1/8
Large	22 3/4"- 23 3/8"	7 1/4 - 7 3/8
X-Large	23 1/2" - 24 1/8"	7 1/2 - 7 5/8

If you want to wear it over your eyes, choose one size smaller. We can make special sizes upon request!

Printable Tape Measure

from www.SleepPhones.com
print on standard 8.5" x 11" paper

Printable Tape Measure © 2007 AcousticSheep, LLC