



MellowSleep Introduces Weighted Eye Mask for Rest Routines

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MellowSleep introduces its weighted eye mask as a sleep accessory designed to support calmer rest routines through gentle pressure, light blocking, and flexible temperature use. The product page presents the mask as a compact option for people seeking a more settled bedtime environment without adding straps, bulky hardware, or complicated adjustments.

The weighted eye mask uses 180 grams of micro glass beads to apply light, even pressure around the eyes and temples. MellowSleep describes the sensation as a form of gentle deep pressure stimulation, a design approach often associated with relaxation-focused sleep products that help create a more grounded feeling before rest.

A key feature of the Mellow Weighted Eye Mask is its ability to block 99 percent of light while resting comfortably over the eye area. The company positions the mask for people who deal with bedroom light, travel disruption, screen-heavy evening routines, or inconsistent sleep settings where darkness can be

difficult to control.

The product can also be cooled or warmed for added relief, giving the mask a broader role in nightly wind-down routines. MellowSleep notes that temperature flexibility can make the product useful during different seasons and for different personal preferences, while the soft exterior keeps the experience simple and familiar.

Unlike many traditional sleep masks, the design avoids straps and slipping by using a weighted form that rests in place. MellowSleep presents this as an important comfort detail because tension from elastic bands or shifting fabric can distract from the calming effect that a sleep mask is supposed to create.

The product page also highlights color options including gray, baby blue, black, lavender, pink, and sage green, allowing the accessory to fit different style preferences while keeping the function consistent. The mask is currently listed with a regular price of \$29.99, giving customers a focused entry point into MellowSleep's relaxation and sleep support product line.

MellowSleep's announcement reflects growing interest in small sleep accessories that can improve the transition from active evenings to rest. While mattresses and pillows often receive the most attention, the company's weighted mask emphasizes how darkness, pressure, and temperature cues can help create a more intentional sleep environment.

The design is also positioned for routines outside the bedroom, including travel, naps, and recovery periods after long screen sessions. Its strap-free construction makes the accessory easy to place over the eyes during quiet rest, while the weighted fill helps it stay in position without creating the tight feeling associated with elastic bands.

MellowSleep describes the product as part of a broader category of practical sleep tools that address common friction points in simple ways. For customers who are sensitive to light or who prefer a more grounded wind-down routine, a weighted mask can offer a repeatable cue that supports consistency before sleep.

The weighted eye mask is part of MellowSleep's broader approach to designing products around practical sleep friction rather than overly complex routines. By combining gentle pressure, 99 percent light blocking, and warm or cool use in one accessory, MellowSleep gives customers a simple tool for making rest routines more consistent at home or while traveling.

The sleep mask for light blocking is now available through MellowSleep's online store, where customers can review product details, color options, and care information. MellowSleep says the product supports its goal of making sleep accessories feel approachable, comfortable, and easy to incorporate into everyday rest habits.

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