



Keenhealth BPA Free Silicone Earplugs For Noise Reduction Back In Stock

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Keenhealth, a home health products company based in Denver, Colorado, has announced that their K-EP-136 reusable silicone earplugs for reducing noise and blocking sounds are back in stock. These earplugs can be used to help people sleep or they can be used in loud environments to prevent damage to the ears. They have been designed to fit comfortably so that their noise-cancelling effects can be used at festivals, concerts, or construction sites. They can also be used to block the sound of snoring to help people sleep better.

Lily, a spokesperson for Keenhealth, says, "We're happy to announce that the K-EP-136 reusable silicone earplugs are finally back in stock. These have been out of stock for some time because of the huge demand but we've finally managed to bring them back on stock. These can be used as sleeping earbuds to help you to get a good night's sleep. Block the sound of your partner snoring and finally catch your ZZZs."

She continues, "They are made of high-quality material to make sure you can wear them comfortably and fitting properly. Also, they are BPA free, hypoallergenic, reusable, waterproof, and made of high-grade silicone."

With these earplugs for sleeping, people who have a partner who snore can finally get some good night's sleep. Sleeping well at night has a lot of health benefits. For instance, those who have a good sleep tend to eat fewer calories. They also have better concentration and productivity. It can also optimize a person's athletic performance and good sleepers have a better immune function.

On the other hand, those who have poor sleep tend to suffer from a number of health problems. They tend to gain weight and they are more at risk of having a stroke and heart disease. Poor sleep can also increase the risk of developing type 2 diabetes as it can affect glucose metabolism, decreasing a person's insulin sensitivity. Those who have poor sleep also have a higher risk of developing mental depression and increased inflammation in the body. And poor sleepers have a reduced ability in processing emotional information and recognizing vital social cues. By wearing the K-EP-136 reusable silicone earplugs, people can get sufficient sleep that they would not have otherwise because of a snoring partner or a noisy environment.

Likewise, these earplugs can help people avoid exposure to loud sounds that can damage the ears. Too much exposure to overly loud sounds can result in tinnitus or even hearing loss. This is because loud sounds can damage sensitive structures in the inner ear. This hearing loss may be temporary or it may ultimately be permanent. Studies have found that sounds at or above 85 dBA can result in hearing loss. The louder the sound, the shorter the time it will take for a person to develop noise-induced hearing loss.

To get an idea of how loud sounds can get in certain environments, it is important to note that normal conversation is usually from 60 to 70 dBA, while in a movie theater, the sounds can range from 74 to 104 dBA. Motorcycles and dirt bikes can produce sounds ranging from 80 to 110 dBA. Music heard from headphones at maximum volume, concerts, and sporting events can range from 94 to 110 dBA, which means these are all dangerous to ears. Sirens can range from 110 to 129 dBA while the sound at fireworks shows can range from 140 to 160 dBA. It is a good idea to wear the K-EP-136 reusable silicone earplugs at these events.

These earplugs are made from soft silicone material so that they are comfortable to wear. They have also been designed to fit properly in the ear without causing an irritating feeling. Thus, people can avoid sounds that are too loud and can get a good night's sleep while wearing the earplugs comfortably.

Those who are interested in the K-EP-136 reusable earplugs or other similar items from Keenhealth may want to check out their Amazon page.

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For more information about Keenhealth, contact the company here: [KeenhealthLilyDenver, CO](https://www.keenhealth.com)

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