

# Improve Your Sleep with Noise Cancelling Headphones

I have been using my [Bose QuietComfort 20](#) for several years. I use them on planes, on trains, in co-working spaces, and even to help me sleep.

I discovered that they are actually quite comfortable to sleep with.

I don't use them often to sleep. When needed, they worked very well. Noisy neighbors, having to sleep during daytime, or having jet lag. All great use cases.

Here's today's idea: Consider sleeping with noise cancelling headphones. (Or consider buying a pair, if you don't have any yet.)