

NuCalm®

Headphone and Speaker Recommendations

For Rescue, PowerNap, FlowState, Focus, and Ignite – Quality Headphones Required

Best Over-Ear Headphones:

Sony WH-1000XM5 Wireless Noise-Cancelling Headphones
[Sony WH-1000XM5 Noise Cancelling Headphones](#)

AirPods Max
[Apple AirPods Max](#)

BOSE Noise Cancelling Headphones 700
[BOSE Noise Cancelling 700](#)

Best In-Ear Headphones:

1MORE Quad Driver In-Ear Headphones (E1010)
[1MORE Quad Driver In-Ear Headphones](#)

Best Wireless In-Ear Headphones:

AirPods Pro
[Apple.com/Airpods-Pro](#)

Best Bone Conduction Headphones:

Aftershokz - Aeropex Wireless Bone Conduction Open-Ear Headphones
[Shokz.com - Aeropex](#)

For DeepSleep – Speaker Required

Best Portable Speakers:

JBL Flip 6

[JBL Flip 6](#)

BOSE SoundLink Flex

[BOSE SoundLink](#)

Sonos Era 300

[Sonos Era 300](#)

Sony SRS-XB43

[Sony SRS-XB43](#)

Soundcore 3 by Anker

[Anker Soundcore 3](#)