

Sleep Salon

USER GUIDE

Discover how to enjoy your best ever night's sleep



FDA

Disclaimer & Precautions

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The products, technology, AVS, articles, presentations and/or any other media, presented on, or by the Sleep Salon™ websites are not intended to treat or cure any disease; nor should any of the subject matter, presented by Inspire3 Ltd, be taken as medical advice.

Under no circumstances should you drive a car or operate dangerous machinery while listening to the Sleep Salon™. This technology can produce very hyper-relaxed and/or sleep states that may endanger you in situations that require your direct attention.

Please read our full disclaimer and precautions BEFORE using the Sleep Salon, by visiting:

<http://support.brainev.com/fda-disclaimer>

This is VERY important. Certain individuals, such as those with epilepsy, should NOT use brainwave entrainment audio without first consulting their doctor.

Additionally, if you suffer from more than just occasional sleeplessness, it may be a sign of an underlying condition. Again, you should consult with your doctor on this matter as soon as possible.

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Quick Start Guide

We've prepared this full 40+ page guide to help you get the most out of the Sleep Salon. Read through at your leisure. If you can't wait to get started however, here's a quick two minute guide to get you up-and-running...

What is the Sleep Salon?

The Sleep Salon is a selection of brainwave entrainment audio sessions. These use special sounds to influence your brainwave patterns, and help you fall asleep. The Sleep Salon includes a variety of sessions, depending on your needs: for example, sessions for those suffering from temporary sleeplessness, chronic insomnia, slow wave disorder, and so on.

How to Get Started

Here, we'll simply presume that you suffer from occasional sleepless nights and wish to quickly lull yourself to sleep. The quickest and easiest way to do this is by listening to one of the 50-minute sleep induction sessions while in bed. You can play this on any MP3 player, or burn it to CD for playing on a regular music system.

Here's how to get started:

- **Prepare yourself:** Minimize disturbances, get comfortable, and relax.
- **Play the session:** Play one of the following 50-minute sessions, depending on your preference. You can play this through any quality music system, at a comfortable volume. Do not play on repeat. You don't need to wear headphones, simply play out loud. Play one of the following:
 - *Sleep Induction with Night Sounds*
 - *Sleep Induction with Classical Music*

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- **Relax:** Close your eyes and gently focus on your breathing, while being aware of the sound of the audio. Try not to monitor results: just allow whatever is to be.
- **Restart, if needed:** Most of the time you will fall asleep just listening to the audio. If you find it difficult getting to sleep, simply get up and do something relaxing for around 20 minutes: read a book, drink a cup of warm milk. Then regroup, return to bed, and listen to another session.

Most of the time, you'll find yourself falling asleep within minutes of listening to your sleep induction session. In fact, we like to say you'll never hear the end of the session! At first, you may find the audio sounds a little unusual: just give it a couple of days to acclimatize yourself.

That's the quickest way to get started right now with the Sleep Salon.

However, we created this full user guide so that you can learn more about the Sleep Salon, and know precisely how to use each session to bring about the best possible results. If you can, please take time to read the following pages - and get ready to enjoy the best night's sleep you've ever experienced.

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Introduction

Hello and welcome to the Sleep Salon!

Every night, we each attempt to settle down to what will hopefully be a great night's sleep. Some people manage it effortlessly throughout their entire existence. Others find sleep an endless struggle that can ruin their waking lives.

The purpose of sleep itself is still the study of intense scientific research. It is believed to be crucial in the growth and rejuvenation of the immune, nervous, skeletal and muscular systems. But one thing is for sure: sleep is crucial to life itself, and a requirement of all mammals and birds, and many reptiles and fish.

For present day humans, we spend typically one-third of our lives asleep. Evolution selected this trait as being crucial to our survival. Without high quality sleep, our waking lives lose out.

Sleep deprivation can result in irritability, memory loss, impaired judgement, hallucinations, a weakened immune system, risk of diabetes and heart disease, increased heart rate, obesity, growth suppression, and more. Without sleep you will die: rats that are kept awake die within two weeks, less time than it takes for them to starve.

That's the downside to not having enough sleep. Now consider the contrary!

We've all had a great night's sleep from time to time. And even if we don't consciously connect the cause and effect, enjoying a deep and restful sleep undoubtedly has profound effects on your waking life!

With fulfilling sleep patterns, you feel more mentally alert, you maintain better health with a stronger immune system, you are generally happier and less stressed, you enjoy a marked improvement in memory and reasoning, you experience greater energy levels - it's even been proven that fulfilling sleep can even help you to lose weight!

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It's hard to measure all of the positives that sleep can bring you, and it's not dramatic enough to state that changing your sleeping habits is one of the most powerful and direct methods of changing your life - literally overnight.

The Sleep Salon is the world's most comprehensive brainwave entrainment sleep program. It uses a variety of 'brainwave' recordings to help influence your sleep patterns and bring about the greatest night of sleep you've ever experienced.

Most brainwave programs offer a 'one session suits all' approach. Not the Sleep Salon. We're all individuals, with different needs and different sleeping habits. The Sleep Salon respects this, and provides a wide variety of brainwave recordings to deliver precisely what you need.

Whether you just want a better night's sleep... suffer from periodic insomnia... find yourself addicted to caffeine... can't sleep due to pain and discomfort... or have a more complex situation, such as slow brainwave disorder... whatever your need, this program has been designed to give you the tools you need to enjoy the best night's sleep you've ever experienced.

This user guide is designed to be your introduction to the Sleep Salon, introducing you to the fascinating brainwave technology behind these sessions, then explaining the individual audio sessions, how they work, and how to use them.

If you can, read through this entire manual before starting with the Sleep Salon. You may find sections that apply to you, even if you didn't think they would initially. The more time you invest now, the better your experience of the Sleep Salon will be.

Once you've read this guide, make sure you put what you've learned into practice! Begin actually using the sessions, experimenting with what works, and making the decision to take control of your sleep once and for all - and wave goodbye to insomnia forever.

You'll be amazed at just how much changing how you sleep can actually change your waking life.

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You're about to begin an exciting journey. Get ready to experience a new world of mental alertness, increased happiness, and greater energy!

To your success -

The Sleep Salon Team

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Brainwave Technology

In this section, we're going to look at some of the science behind the Sleep Salon. You're welcome to skip this if you really must, but we're sure you'll find it fascinating - and it'll give you a greater appreciation of what's really going on behind the scenes.

Let's rewind for a moment and think about your brain.

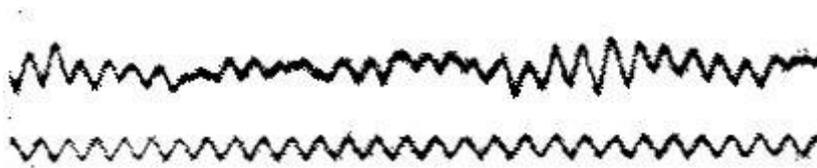
Your brain truly is a fascinating machine. This three-pound organ contains 100 billion brain cells, processes thoughts at thousands of miles per second, and contains left and right hemispheres, each dealing with specific functions.

But have you ever thought about how it actually works?

The brain consists of billions of nerve cells called neurons. For your brain to actually work, these neurons have to talk to each other - and they do that using little electrical signals.

When millions of neurons are communicating at the same time, all of these tiny electrical impulses generate a significant amount of electrical activity. This can be detected using an EEG (electroencephalograph) machine.

The combined electrical activity in the brain is called a brainwave pattern. It's called a brain-"wave" due to the wave-like patterning of the reading. Here's the first EEG reading of a brainwave pattern, taken by Hans Berger way back in 1924:



The first line is the actual brainwave reading, the second is a 10Hz timing signal. (Hz, or hertz, just means cycles per second.)

By checking your brainwave activity, scientists can easily determine what state you are in. For example, if you're in 'Beta' - which is 12 to 30Hz - then you're typically consciously alert. This is our dominant waking frequency. If you're enjoying physical

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and mental relaxation, yet still aware of the world around you, you're more likely to be in 'Alpha' - which has a range of 8 to 12Hz.

There are other named frequencies too: Theta (4-7Hz, associated with deep meditation, creativity); Gamma (30+Hz, peak performance); and, perhaps most importantly for us, Delta, at 0.1 to 4Hz, which is associated with deep sleep and body healing.

So, our brainwave patterns are like a signature for what is happening inside our brain.

In fact, certain brainwave patterns indicate different types of thinking. For example, high focus levels are typically found around the sensorimotor rhythm at 14Hz. People in a good mood often have high serotonin levels, the release of which is triggered by the 10Hz frequency. Creative flashes are shown to occur during specific alpha frequencies that periodically spike up into gamma.

Once again: our brainwave patterns are the signature for what's going on inside the brain. Now, if only we could change those brainwave patterns, we could change our state - and control what we're experiencing, on-demand. We could trigger focus, creativity, or sleep, precisely when we desire.

Keep that in mind as we progress to discuss something that initially seems completely unrelated: the Frequency Follow Response (or, FFR).

Consider this: Strike one tuning fork, and hold another next to it. What happens? The second fork starts vibrating at the exact same frequency. This is an example of what physicists call the Frequency Follow Response (FFR), or entrainment.

The same happens with the brain. If you expose it to a certain frequency, your brainwaves actually follow that frequency. This is known as brainwave entrainment.

In other words, if you expose your brain to a 10Hz frequency, your brainwave patterns would shift downward toward that frequency - which in turn would bring about a state of calm, detached relaxation.

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That means you can use this technique to bring about whatever states you desire - focus, creativity, or sleep, for example. You just need to expose your brain to a particular frequency and wait for it to "follow."

The simplest way to expose your brain to a particular frequency is with flashing lights. If you flash lights at a certain frequency (that is, pulses per second, or hertz), the brain ultimately entrains to that frequency. There are a number of commercial light/sound machines on the market today.

This type of brainwave entrainment may be useful when it comes to meditation or creativity. But it isn't so effective at helping you get to sleep: light triggers the pineal gland, which stops melatonin production, the hormone that tells us it's time to sleep. Goggles are also difficult to wear in bed, and flashing lights aren't conducive to restorative sleep.

So how else can you expose the brain to a certain frequency, for brainwave entrainment?

The most obvious way is through sound. However the human ear can't hear sounds at frequencies that deep and low. It can only hear between 20 and 20,000Hz, and all of the interesting frequencies exist below this level.

Over the past 130 years, scientists have developed a series of techniques designed to help expose the brain to such frequencies, in order to stimulate entrainment - starting with the discovery of binaural beats in 1839 by H.W. Dove.

Binaural beats use two separate audio frequencies in each ear - for example, 400Hz in one ear, 410Hz in the other. The difference between the two - in this case, 10Hz - is generated inside the mind, and the brain effectively entrains to this frequency, thereby bringing about a state of relaxation (again, in the case of 10Hz). But binaural beats are a relatively weak method of entrainment and require headphones to take advantage of.

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The most modern and powerful method of brainwave entrainment is through the use of what are called isochronic tones. Isochronic tones are steady tones that are turned on and off at rapid rates, representing the particular frequency pattern itself (not the audio expression of that pattern). This has been proven to be an incredibly powerful method of entrainment, and can be used without headphones, making it perfect for sleep training.

Another powerful technique is known as temporal entrainment. This involves manipulating the frequency of an existing sound (such as a piece of relaxation music, or white/brown/pink noise), to effectively create a binaural beat or isochronic tone. The listener still hears the music, but as the frequency is rapidly changing, it sounds as though the audio is shimmering or bubbling. The entrainment is disguised and hidden within the original audio itself. This process is called frequency modulation.

So, by listening to audio sessions that use powerful entrainment audio techniques - such as isochronic tones, frequency modulation, and even binaural beats - you can influence your brainwave patterns, and change your state of mind.

And just imagine what that can do for your sleeping patterns!

Imagine listening to an audio session containing these techniques, entraining the brain to a low Delta frequency. Simply by listening, you could entrain your brain to a state of deep, relaxing sleep.

Or how about listening to an audio session designed to replicate the brainwave frequency/signatures associated with relaxation and stress relief, to help quieten a busy mind prior to a restful night? Or maybe a session that helps you to feel stimulated and awake during the day, so that you don't find yourself addicted to caffeine and unable to sleep that evening?

The audio sessions in the Sleep Salon combine isochronic tones, frequency modulation, and in some cases, binaural beats, to produce the most technically advanced brainwave sessions available today. They also incorporate relaxing background soundscapes and immersive white/pink/brown noise, for blocking out distractions and enhancing entrainment. It simply doesn't get any more powerful than the Sleep Salon sessions.

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Brainwave entrainment is an incredible and powerful technology. It's ideal for helping you overcome temporary insomnia and achieve incredible nights of sleep. Not only that, it's a passive tool too: you don't have to do anything special. Just listen and see the results.

The Sleep Salon stands at the forefront of brainwave entrainment technology. It is the result of decades of research into brainwave science, and provides a comprehensive collection of audio sessions designed to help positively influence your sleeping patterns for best possible results.

The science behind brainwave entrainment is fascinating, and you can learn more about this incredible discipline at the Brainwave College:

<http://www.brainwavecollege.com/>

Ready to experience brainwave entrainment for yourself?

Read on as we start to uncover the audio files that make up the Sleep Salon, and how we've architected these sessions to help you experience the best night's sleep ever.

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The Sessions

The Sleep Salon contains twelve powerful MP3 audio sessions, each designed to help you enjoy the best night's sleep possible. They work in different ways: some are designed to simply help you fall asleep, whereas others are designed to make you feel more awake during the daytime, or to release stress in order to relax more fully.

There are three core types of sessions in the Sleep Salon collection. Firstly, the 'Wake Up' sessions, which are designed to help keep you awake and stimulated throughout the day. Secondly, the 'Relaxation Sessions' which are designed to help release stress and relax into the day. And finally, the 'Sleep Inductions' which are to be used to help you get to sleep.

Here's a quick overview of the sessions:

- **Wake Up Sessions**
 - Wake Up Session - 20 mins
 - Wake Up with Classical Music - 15 mins
- **Relaxation Sessions**
 - Stress & Anxiety Reduction - 25 mins
 - Sleep Training - 20 mins
- **Sleep Inductions**
 - Sleep Induction with Night Sounds - 50 mins
 - Sleep Induction with Classical Music - 50 mins
 - Dissociative Sleep Induction - 50 mins
 - Hypnotic Sleep Induction with Suggestions - 50 mins
 - Hypnotic Sleep Induction with Affirmation - 50 mins
 - All Night Sleep Loop - 90 mins

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- All Night Sleep Loop CD version - 80 mins
- Sleep Loop for Pain Management & Healing - 20 mins

Now, we're going to look at each of these sessions in greater depth, followed by a look into your own particular type of sleeplessness. Ultimately, we'll 'prescribe' a suitable series of sessions for your personal use – and show how you can use these sessions practically to greatly increase the quality of sleep you enjoy, each and every night.

For now, let's get an overview of the individual sessions.

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Wake Up Sessions

It may seem a little counterproductive for a program about sleep to include sessions to help you wake up. But it's really just the other side of the coin: by helping you keep awake when you should be awake, you're more able to fall asleep when you should fall asleep.

Sleep deprivation and insomnia have reached epidemic levels. It's affecting our health and safety in many, many ways. Today, half of all American drivers admit to driving while drowsy, and 2 out of 5 admit to having fallen asleep at the wheel.

By using brainwave entrainment, we can stimulate the brainwaves to an 'awake' state, thereby cutting out the negative impact of sleep deprivation, and helping to restore a natural body clock pattern.

When you awake in the morning, your brainwaves are largely in an alpha state - possibly theta if you're really sleepy. These sessions will raise your brainwave patterns up to beta, a sharp, alert, awake state. Be careful if taking stimulants such as caffeine when using these sessions - you may find yourself overstimulated!

You can listen to these sessions as you sit up in bed in the morning, or as you get ready. As expected, however, the less distraction, the more effective the result. You can also use these sessions when working, to help promote focus and concentration and provide a little afternoon kick. Finally, you may wish to use these sessions while working out to provide added motivation.

Let's look at the sessions themselves:

Wake Up Session

20 minutes - Headphones Preferred - Eyes open/closed

This ethereal, sweeping session is based on the protocol developed by Michael Triggs. Just listen to the session to help get your mind into a bright, awakened state - alert and ready for the day ahead.

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This session can reduce or eliminate caffeine use, one of several root causes of insomnia. It is also useful for resetting the circadian rhythm. The session takes the listener up to 18Hz beta, a frequency known for its energizing effects. It uses an artful combination of both isochronic tones and binaural beats, gradually rising toward its goal frequency.

Use this session in the morning to stimulate the conversion of melatonin (sleep hormone) to serotonin (feel-good hormone), or as a replacement for coffee.

The stimulating effects from this session can last anywhere from 30 minutes to several hours. Listen whenever you need a little lift, but try not to listen after the end of your working day, to avoid being too stimulated into the evening.

High beta levels can aggravate anxiety, so if that's an issue, avoid this session. Or, try relaxing using the Stress & Anxiety Reduction session first, then listening to this session.

Headphones aren't strictly necessary but will help you get the full effect from this session. You can listen with eyes open or closed.

Wake Up Session with Classical Music

15 minutes - No headphones - Eyes open/closed

This is a similar session to the above, yet shorter and with more powerful backing music.

It takes a more traditional ramp up to 18Hz, incorporating high-octane classical music, with embedded isochronic tones. It starts with Also Sprach Zarathustra (of Space Odyssey fame), followed by Flight of the Bumblebee, Ride of the Valkyries, the 1812 Overture, and concluding with the William Tell Trumpet Entry.

This audio session will definitely get you motivated, just when you need it most. Headphones aren't required, but the session should be played at sufficient volume. You can listen with eyes open or closed.

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Relaxation Sessions

In order to enjoy the best possible sleep, the brain needs to be primed throughout the waking day. That typically means it should enjoy the day in a relaxed manner, minus the busy thoughts, stress and anxiety that plague so many of us.

The following two sessions are all about that process. There's a session for reducing stress and anxiety, which is a source of occasional insomnia for almost all of us. The second session is to assist you in relaxing and training your brain to get ready for sleep, and is designed to help stimulate the production of melatonin.

Let's explore these now:

Stress & Anxiety Reduction

25 mins - No headphones - Eyes closed

This session is designed to help you relieve stress and anxiety, the number one cause of temporary insomnia. Brainwave entrainment has not only been proven to very effectively relieve such stress and aid relaxation, but consistent use actually trains your mind to handle such stresses better in future.

This session rapidly guides you down to 10Hz alpha, a frequency proven to be the most effective in relieving anxiety and promoting feelings of wellbeing. It then takes the listener deeper to 7.83Hz, the Schumann Resonance, known for its relaxation properties and for stimulating blood flow to the brain. It is also (coincidentally?) the frequency of the earth's magnetic field.

The session ends with Sensorimotor Rhythm (SMR) stimulation, such as found in the Sleep Training session, to help the mind handle stress better in future situations.

Headphones aren't required. You should however listen with your eyes closed, as you are accessing some of the deeper frequencies. Listening with eyes open stops the brain deepening its brainwave patterns toward those lower frequencies.

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Sleep Training

20 mins - No headphones - Eyes open/closed

This session has been created to help train the mind for effective sleep, by encouraging the production of sleep hormones and stimulating the area of the brain responsible for sleep, and stress reduction.

It works by increasing low beta frequencies in the brain, around 12 to 15Hz. This stimulates the Sensorimotor Rhythm, which controls sleep paralysis and your ability to handle stress better. Happy, well-adjusted individuals show high levels of low beta in their brainwave patterns, whereas chronic insomniacs typically show little brainwave activity in this area.

Used early evening, typically around sunset, this session will promote the production of melatonin, the body's sleep hormone. This session isn't designed to send you to sleep, but rather to reduce stress and train your brain for a better night's sleep.

This session can also be listened to during the day if required, and will produce a relaxed, focused state. Individuals may wish to use it while working or studying.

Headphones aren't required to listen, however the volume should be as loud as comfortable. You can listen with your eyes open or closed, however closed is the preferred option if possible.

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Sleep Induction Sessions

The Sleep Induction sessions are the real heart of the Sleep Salon. These are the sessions that will actually guide you directly into a blissful state of slumber, simply by listening.

Each of these sessions will take you from a waking state, gently down toward sleep. You'll likely just slip off while listening to these sessions and will probably never reach the end. You should try not to watch for this: it just happens naturally.

There are multiple Sleep Induction sessions to ensure you enjoy maximum possible choice and success. Not all sessions will work for everyone. If something doesn't work for you, move on to the next until you feel more comfortable.

Before we discuss the individual sessions, and their respective benefits, there are a few general notes you should pay attention to.

When you first start on a session, it's likely that it'll take a couple of listens before you really relax into it and feel the effects. That's because it's new and you've yet to get comfortable with these slightly strange sounds.

After several months of successful use, something called habituation may set in. This is where we get so used to something, it almost disappears from our radar. For example, our nose is always in our field of vision, but we rarely 'notice' it. Likewise, we rarely notice the 'smell' of our own home, we are so habituated to it. If and when you notice the effectiveness of a session wearing off, typically after several months of continuous use, simply switch to another session as appropriate - or take a break for a month if you can or desire.

Every Sleep Induction session here uses something known as step construction. This means the session guides your brainwaves down to a specific frequency, then 'rests' there for a period of time. This allows your brain time to catch up and ensure it is synchronized with this frequency. Then the process continues and your brainwaves are ramped down further to a deeper frequency, where it will rest again, and so on.

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These 'rests' are tuned to specific frequencies which have been found to enjoy specific benefits, such as stress and anxiety reduction, increased blood flow, or pain reduction. This means that not only are these Sleep Induction sessions actually helping get you to sleep, they're also increasing your mental health and wellbeing too.

So, let's take time out now to explore the individual Sleep Induction sessions:

Sleep Induction with Night Sounds ***50 mins - No headphones - Eyes closed***

For most people, this session will become their favorite. It is perhaps the single, most powerful session in the Sleep Salon program.

This session is the closest we get to a "one size fits all" solution for high quality sleep. It is designed to be listened to while lying in bed, and works to gently guide your brainwaves down to a healthy, deep sleep. This session uses a variety of night sounds, such as the gentle chirping of crickets. It is useful for anyone suffering from temporary insomnia, and the night sounds may prove particularly useful for shift workers who sleep during the day.

The session begins by gently guiding your brainwave patterns from a waking state down to deep delta. It incorporates rests at 10Hz alpha, known for its stress and anxiety relieving capabilities, the 7.83Hz Schumann Resonance, for brain health and wellbeing, then a guided progression down to theta, and then finally into a deep delta sleep.

Headphones are not required. Listen at a comfortable volume with your eyes closed. Do not listen on repeat. If you wake up through the night, listen again to get back to sleep (if required).

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Sleep Induction with Classical Music

50 mins - No headphones - Eyes closed

This relaxing sleep induction uses soothing classical music to help you enjoy a blissful night of sleep.

It opens with Tchaikovsky's Swan Lake, followed by Sweet Dreams by the same. It then fades gently out to background noise, which is typically where most listeners will simply drop off into the silence.

This session adheres to the same entrainment structure as the 'Sleep Induction with Night Sounds' session, taking you down from a waking state to deep delta sleep - with stops at 10Hz for stress and anxiety relief, and 7.83Hz for brain health. Isochronic tones are used throughout, in addition to temporal entrainment embedded into the music and background noise.

Headphones are not required. Listen at a comfortable volume with your eyes closed. Do not listen on repeat. If you wake up through the night, listen again to get back to sleep (if required).

Dissociative Sleep Induction

50 mins - Headphones required - Eyes closed

If you find yourself unable to sleep at night due to busy thoughts or an overactive and awake mind, this is the ideal session to help send you to sleep.

This unique and complex session uses a powerful dissociative technique, offsetting isochronic tones being sent to each ear, thereby entraining each brain hemisphere to a slightly different frequency. These two frequency slowly form one frequency, and then morph into binaural beats, which are dissociative by nature.

This process effectively overloads the analytical mind, causing it to shut down - effectively enabling you to stop worrying and thinking, and start sleeping. This session also uses 3D sound effects, to help immerse the listener in this process. The session ramps down from 11Hz, through 7.83Hz, and finally down to a deep 1.5Hz delta.

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This audio requires headphones. You should keep your eyes closed when listening. Don't listen on repeat. If you wake up during the night, listen to another session to return to sleep: you probably won't have a busy critical mind on waking, so if you feel the need to listen to another session, try something such as 'Sleep Induction with Night Sounds.'

Hypnotic Sleep Induction with Suggestions ***50 mins - No headphones - Eyes closed***

This sleep induction session uses hypnotic deepening techniques to help you to get sleep quicker, and enjoy a deeper and more relaxing rest.

Hypnosis has been well-documented for over 100 years. It's actually quite simple: the brain is taken into a "hyper-suggestible" theta state, then given suggestions or affirmations to 'reprogram' the subconscious mind with positive behaviour patterns.

This session uses brainwave entrainment to take a user down to that suggestible theta frequency, then feeds suggestions direct to the subconscious. Suggestion examples in this session include 'You are going to sleep now' and 'Your mind and body are relaxed.'

These suggestions are delivered using multi-voice and 3D sound effects, which helps bypass the critical conscious mind. These effects also make the whole session even more relaxing and easier to fall asleep to while listening. Do not attempt to concentrate on the suggestions: just allow yourself to listen to them. When the suggestions have finished, you will be further guided down into the deepest delta sleep.

Headphones aren't required for this session. Eyes should be closed. Don't listen on repeat. If you awake during the night, you can listen to this session again.

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Hypnotic Sleep Induction with Affirmations

50 mins - No headphones - Eyes closed

This powerful sleep combines brainwave entrainment and hypnosis to help reprogram how you see yourself as a sleeper.

This session is similar to 'Hypnosis Sleep Induction with Suggestions.' However, whereas that session provides direct suggestions for falling asleep at that specific time, this session delivers an affirmation to help reprogram the way you view yourself as a sleeper in general.

Many people with sleeping problems are self-programmed to believe that they are a "night person" and continuously tell themselves they won't be able to get a good night of sleep. This programming makes it a self-fulfilling prophecy.

This session takes the listener down to a suggestible theta frequency, then uses multi-voice and 3D sound effects, to feed one powerful affirmation, over and over: "You fall asleep quickly, and sleep soundly through the night."

After the affirmation has been delivered, this session further guides you down toward deep delta sleep.

This session effectively reprograms the subconscious to know that healthy sleep is a normal part of who you are. It's incredibly effective and many users have reported intensely positive results after just one session. Once you feel that the affirmation has truly sunk in to your subconscious, you can shift to other sessions as you desire, with occasional reinforcement as required.

Headphones aren't required for this session. Eyes should be closed. Don't listen on repeat. If you awake during the night, you can listen to this session again.

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All Night Sleep Loop

90 mins - No headphones - Eyes closed - Listen on repeat

This session is designed to be listened to on repeat throughout the night. It works by mimicking the natural sleep cycle brainwave patterns of a healthy sleeper.

Each night, we all slip into 90-minute sleep cycles, set states of activity that go from low alpha to delta and back up to alpha. This is repeated around 4-5 times per night.

This session mimics a sleep cycle, and is designed to be listened on repeat throughout the night. Although it has not been proven whether brainwave entrainment works as you sleep, this session will serve initially as a sleep induction, and is particularly helpful if you find yourself waking up during the night, as it can be played to sync you back to a natural sleep cycle.

The audio session uses brown noise with temporal entrainment, combined with isochronic tones, to mimic the natural brainwave patterns of a sleep cycle.

It's ideal for those with sleep apnea, those trying to sleep in a noisy environment, and individuals that find themselves waking during the night.

Headphones aren't required for this session. Eyes should be closed. Listen on repeat. If you awake, restart the track.

All Night Sleep Loop, CD version

80 mins - No headphones - Eyes closed - Listen on repeat

This session is the same as the 'All Night Sleep Loop' above, but scaled down to fit a standard 80-minute audio CD.

This is provided in case you do not have a bedside MP3 player that you can use to play the longer session on repeat throughout the night. Many people do have a portable CD player, so they can simply burn this session to a standard audio CD using their computer, then play it on repeat while they sleep.

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Sleep Loop for Pain Management & Healing

20 mins - No headphones - Eyes closed - Listen on repeat

This session has been designed to assist those suffering from chronic pain (such as fibromyalgia) who experience trouble getting good sleep, which is contradictory to what they need in order to heal.

As with previous sleep induction sessions, this audio takes the listener from a waking state down to deep delta, for maximum rest and healing.

It specifically modulates delta and sub-delta frequencies, which are theorized to soothe the limbic system, particularly the amygdala and hypothalamus regions, which control our interpretation of pain. This should help those suffering from chronic pain to feel relief and enjoy better rest. It also incorporates a tone frequency of 45Hz, which is a harmonic of the Schumann Resonance, a frequency known for its healing abilities.

Additionally, this session incorporates isochronic tones to replicate a cat's purr at 25-150Hz, in addition to embedded entrainment recordings of a purr itself. This is experimental. There are two main things that puzzle scientists about cats: firstly, how they heal so much faster than other mammals (hence 'nine lives'); and, secondly, why cats purr. It is theorized that the frequency and pitch of a cat's purr is a mechanism used in healing and maintenance. It is included here to help the healing process, but if nothing else, the purring noise is incredibly relaxing in and of itself.

Headphones aren't required for this session. Eyes should be closed. Listen on repeat.

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How to Get Started

So, you've seen the list of Sleep Salon sessions, and are eager to begin blitzing through your sleepless nights. But how do you get started?

In this section, we'll start by providing general guidance for listening to any of the brainwave entrainment sessions. Then we'll go on to specifically look at which sessions you should use if you're suffering from general sleeplessness, chronic insomnia, stress, slow wave disorder, and more.

Let's begin.

General Listening Instructions

Listening to any of the Sleep Salon sessions isn't rocket science. However it's worth taking a little time to discuss general good listening practices for optimum results.

Here are the steps you should follow with each session:

1. **Minimize disturbances:** It sounds obvious, but when listening to your session, set aside a time and place where you won't be disturbed. Turn off cell phones, televisions, radios, and reduce ambient noise as much as possible. Setting aside the same day each day to listen to a particular session can help you relax into a routine. Drink a small glass of water and use the bathroom if necessary, before getting started.
2. **Get comfortable:** Find yourself a comfortable chair, or lay in bed with a pillow behind your head. Loosen or remove any tight clothing and get comfortable.
3. **Put on headphones:** If you're listening with headphones, then put them on, start the session and adjust to a comfortable volume. Always wear headphones where possible as they will typically enhance your results. If listening at night,

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you may wish to opt for a simple loudspeaker player rather than headphones, as these may prevent you from relaxing fully.

4. **Relax:** Yes, even sessions that are designed to help energize and invigorate you will work better when you are truly relaxed. If you have trouble relaxing properly, here's a quick routine you can use to remove tension from your body:

- **Take a deep breath and stretch.** Scan the body for tension. Flex any tense area, then let go and allow it to relax.
- **Close your eyes.** This blocks out 80% of external brain input, and the brain almost immediately starts producing more alpha waves. Positioning your eyes upward enhances these waves. If you find this uncomfortable, let the eyes relax and return to a normal position. Be sure to relax the eyelids and the muscles around the eyes.

(Ever wondered why you instinctively look upward when thinking of an answer to something, as though it were written on the ceiling? This process of looking upward puts the mind in more of an alpha state, making it more receptive to retrieving information from your whole brain.)

- **Breathe deeply from the abdomen.** Breathing from the chest triggers the fight or flight response. Think of that sudden intake of breath when somebody startles you. So breathe instead from the abdomen: place your hand on your stomach and slowly breathe in to the count of five. Your stomach should expand and your hand will move out. Now exhale to the count of five. Your stomach should contract and your hands will move in. Relax with your breaths. You may want to repeat to yourself: "I am getting more and more relaxed with each breath."
- **Scan the body for tension again.** It's easy for the body to re-tense itself. Stretch again or move out any kinks. If you feel an area getting tense, it's a cue to relax it further before continuing.

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- **Visualize yourself in a relaxing place.** Think of a relaxing, comfortable place or situation, such as a beautiful beach, a fresh meadow, a deep tissue massage in a holistic spa, or even simply the warmth of your own bed. Allow these thoughts to flow through you as you relax and...
5. **Listen:** This one is easy: simply keep an open mind and play the audio session! Ensure that you keep a portion of your awareness on the audio itself - even if you're monitoring your breathing or visualizing. Don't try to analyze or overthink the sessions: just allow them to be there and sweep over you, as you enjoy becoming more and more relaxed. It is the pulsing sounds of isochronic or binaural beats that your brain will 'hear' and effectively entrain toward, thereby shifting your state - and changing your world!

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Your Sleep Salon Prescription

We've covered how your brain works, what brainwave entrainment is and how it works, the individual sessions within the Sleep Salon collection, and general instructions for listening to them.

Now, we're going to look at precisely which sessions YOU should use - depending on what kind of sleeping problems you have. Just read through the following sections to figure out your own unique Sleep Salon prescription.

We'll start with the most common of all, which just might apply to you:

Temporary Sleeplessness:

"I'm having occasional sleepless nights..."

We all get these nights from time to time. We just sit there, staring at the ceiling, our mind rattling with its own thoughts, desperately waiting for sleep to hit us. But it just doesn't. And we know that if we don't drop off NOW, we're going to regret it in the morning. That further adds pressure, and the issue snowballs.

When this occurs, simply get up, wind down and regroup, then relax to a Sleep Induction session while lying in bed, preferably with the audio played through a speaker.

For this kind of issue, we recommend that you try out one or more of the following sessions:

- *Sleep Induction with Night Sounds*
- *Sleep Induction with Classical Music*
- *Dissociative Sleep Induction*
- *Hypnotic Sleep Induction with Suggestions*
- *Sleep Loop*

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Just read the original descriptions and listen as per the general instructions above. If you don't like a particular session, move on to the next. These things are experimental: try them out until you find the one that's best for you.

If sleep still stays at bay, try getting up and doing something relaxing and non-strenuous, such as reading, before returning to bed and listening to a different session.

Chronic Insomnia:

"Almost every night is problematic for me..."

Many health problems can be traced back to not getting a good night's sleep. By attempting to eliminate your insomnia, you put yourself on the path to literally reclaiming your life.

Firstly, we strongly recommend that that you are thoroughly checked by a physician first, to see if there are any underlying problems that may be causing or aggravating this condition. This is crucial. Be sure to follow any medical advice received.

Research has found that chronic insomniacs are almost always lacking in the Sensory Motor Rhythm (SMR) band of brainwave rhythms. Boosting the brainwave patterns in this area has been found to help to reduce and even eliminate chronic insomnia completely.

Results can take time, so be patient. It may take weeks or even months before permanent gains are achieved, so decide on a patient approach toward achieving success. Chronic insomnia takes many years to establish itself, so be prepared to invest a number of weeks for the best results.

Here are the sessions we suggest you use to assist with your chronic insomnia:

- **In the morning, listen to one of these:**
 - *Wake Up Session*
 - *Short Wake Up Session with Classical Music*

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- **In the afternoon:**
 - *Sleep Training*
- **In the evening:**
 - *Stress and Anxiety Reduction*
- **In bed, listen to one of these:**
 - *Sleep Induction with Night Sounds*
 - *Sleep Induction with Classical Music*
 - *Dissociative Sleep Induction*
 - *Hypnotic Sleep Induction with Suggestions*
 - *Hypnotic Sleep Induction with Affirmations*
 - *Sleep Loop*

You can of course modify this listening regime as you deem fit. You don't have to listen to four whole sessions each day, but it helps to try it out at first, just to see what kind of results you get. Then you can cut back as seems appropriate.

Sleeplessness from Stress and Anxiety:

"My overactive mind is worried and I just can't sleep..."

We all have those periods in our lives when stress and anxiety just seem to invade our every waking moment. It may be financial troubles or family issues, but somehow we just don't seem able to shake the thoughts off in order to enjoy a good night's sleep.

Or maybe you're one of those individuals that just seems to be permanently worrying about situations, without being able to consciously control it.

If you find yourself stressed and anxious for any period of time, then you need to take action. The stress hormone cortisol soon builds up in the body, manifesting itself in very real physical body issues. And the non-stop mental chatter connected to it stops us from getting the required nightly sleep.

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The 'Stress & Anxiety Reduction' session has been designed to soothe out the stresses of your day, and help you deal with such problems better in future. You can listen to it on its own, whenever you're feeling overwhelmed. It's a good way to train your brain to be a stress-free zone both in this moment, and into the future.

If you're having a stressed out block in your life, here's a great prescription for sorting it out. Remember, you can modify this to suit as you desire:

- **In the morning:**
 - *Don't listen to Wake Up sessions, they can aggravate your anxiety*
 - *Listen to 'Sleep Training'*
- **In the afternoon or evening, or any time you feel stressed, listen to:**
 - *Stress & Anxiety Reduction*
- **In bed, listen to one of the following:**
 - *Sleep Induction with Night Sounds*
 - *Sleep Induction with Classical Music*
 - *Dissociative Sleep Induction*
 - *Hypnotic Sleep Induction with Suggestions*
 - *Hypnotic Sleep Induction with Affirmations*
 - *Sleep Loop*

As ever, once you've started to eliminate your stress, feel free to modify this listening regime as required. Remember, you can listen to Stress & Anxiety Reduction any time you feel that you need a little more relaxation in your life. It'll also help train your brain to handle such problems better in future.

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Irregular Sleeping Patterns:

"I sleep at strange times. My body clock is out of whack, and I want to reset it..."

Do you feel as though your body clock is simply out of alignment? Are you stuck on a poor sleeping pattern? Perhaps you've travelled across time zones and just feel as though you need to get back to regular sleeping times.

If that sounds like you, then this section can help. We'll discuss the circadian rhythm, and provide a prescription for helping reset yours.

Let's discuss what your "body clock" actually is. The brain has its own internal time clock, known as the circadian rhythm. This is largely controlled by light signals coming from the eyes, down a tiny pine cone shaped gland deep into the brain, toward a region called the pineal gland.

When it's dark, the pineal gland starts producing melatonin, a powerful sleep hormone that makes you drowsy and helps us sleep throughout the night. And when it's light, the pineal gland converts the melatonin to serotonin, a feel-good mood hormone. That's why bright sunny days make us feel happy, while cloudy days put you in a dreary mood. Prolonged sunlight deprivation can even cause a type of depression known as Seasonal Affective Disorder (SAD).

Humans are naturally diurnal creatures: active during the day, asleep at night. But with the advent of electricity and light bulbs, the distinction between night and day has blurred. Now, we find ourselves staring at televisions and computer screens late into the night, meaning the pineal gland doesn't trigger at the times it would naturally. Add flights to this mix, spanning multiple timezones, and we can see how the body clock is something that can be easily confused by modern day life!

The result of all of this? Irregular sleeping patterns and insomnia.

The sessions within the Sleep Salon can help you to re-establish your natural circadian rhythm, helping to bring a little balance back to your life.

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For this process, you will need an alarm clock. You are going to create a regime whereby you sleep and wake at specific times, realigning yourself with a more natural pattern. If you have the luxury of being able to shift your sleeping pattern gradually, do so in twenty minute increments. If not, simply shift everything at once: your body clock will automatically catch up within a few days.

To begin, set aside a time to wind down in the early evening, just as the sun is setting, or shortly thereafter. Dim the lights and listen to the Sleep Training session. This will facilitate the production of melatonin. Make an effort to avoid bright light, and restrict computer and TV usage as the night progresses. The last hour before bed should be a TV and computer free zone. Indulge in reading, meditation, or some other relaxing hobby.

Then go to bed. Set your alarm as desired - preferably for around sunrise, to fully naturalise your rhythm. You should allow yourself a full eight hours of sleep. Listen to a Sleep Induction session in bed, as you gently head off to sleep.

If you still find yourself unable to sleep, get out of bed for around twenty minutes. Indulge in your relaxing hobby, sip on a warm glass of milk, and generally regroup. Then try returning to bed again, listening to another Sleep Induction session. Maintain the alarm as previously. Your body clock WILL catch up with itself: even if you miss out on a few hours sleep and spend the next day a little tired, you'll certainly be ready to sleep the next night, and set the body clock rhythm firmly back in place.

Be disciplined, and make sure you actually get up when your alarm sounds. Go outside if possible, or sit by a sunny window or strong artificial light, as you listen to a Wake Up session. Drink a caffeinated beverage if required, but don't overdo it. You can listen to the Wake Up session throughout the day as required if you need that extra lift, but only prior to the evening, to avoid overstimulation as night gets near. Avoid the temptation to nap during the day, at least while your body is adjusting its clock.

If you find yourself extremely fatigued, listen to the 'Stress & Anxiety Reduction' session, but try not to fall asleep.

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In typically only a couple of days, you'll find that your circadian rhythm has fully adjusted to this new cycle. Continue sleeping and rising at the same times to continue the pattern.

So, here's your prescription of Sleep Salon sessions to help you reset your body clock:

- **In the morning, listen to one of these:**
 - *Wake Up Session*
 - *Short Wake Up Session with Classical Music*
- **In the early evening, listen to:**
 - *Sleep Training*
- **In bed, listen to one of the following:**
 - *Sleep Induction with Night Sounds*
 - *Sleep Induction with Classical Music*
 - *Dissociative Sleep Induction*
 - *Hypnotic Sleep Induction with Suggestions*
 - *Sleep Loop*

Stick to this listening regime until your body clock is back in alignment. Remember, resetting your body clock is a temporary procedure and only ever takes a few days (one week maximum) to complete.

Caffeine Addiction:

"Awake at night because of too much coffee, tired in the morning so I drink more coffee... a deadly, sleepless cycle!"

We've all fallen into this trap before. We have a late night and have to get up early. So we gulp down caffeinated beverages, energy shots and 'wake up' pills to get you through the day. They work, but by the end of the day, you're so wired, you find it hard to sleep. Then the cycle begins again.

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It's pretty simple to blast out of this negative pattern with the Sleep Salon sessions. You simply listen to one of the Wake Up sessions instead of indulging in a double espresso.

The Wake Up sessions effectively stimulate your brain the same way a cup of coffee does, yet without the residual problems. Most people feel the effects right away, others find they come about gradually.

You should use the Wake Up session as a caffeine replacement, or whenever you need to sharpen your focus and enjoy a temporary lift. Due to its stimulating effect, you shouldn't listen to the Wake Up sessions at night. You can still drink caffeine when trying to break out of a cycle like this, but only during the morning.

Here's your prescription from breaking out of a caffeine addiction loop:

- **In the morning and afternoon, listen to one of the following as many times as required, as replacement for a caffeinated drink:**
 - *Wake Up Session*
 - *Wake Up Session with Classical Music*
- **In bed, listen to the one of the following:**
 - *Sleep Induction with Night Sounds*
 - *Sleep Induction with Classical Music*
 - *Dissociative Sleep Induction*
 - *Hypnotic Sleep Induction with Suggestions*
 - *Hypnotic Sleep Induction with Affirmations*
 - *Sleep Loop*

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Chronic Pain and Healing:

"My pain stops me getting to sleep at night..."

If you suffer from chronic pain, fibromyalgia, migraines, or you're sick or injured, then deep delta sleep is needed to repair and heal. However due to the discomfort associated with these conditions, that deep sleep isn't always easy to come by.

The Sleep Salon contains a session specifically designed for helping you to achieve sleep when you are in pain, and/or require healing. It is created to take you deep into delta sleep, and keep you there. At this point, healing processes are triggered, such as the release of the human growth hormone (HGH).

Anxiety and elevated cortisol levels often accompany such conditions, and can be offset with the Stress & Anxiety Reduction session. Presuming you are resting during the day, you can also use a regular sleep induction session to facilitate a power nap when required.

These sessions, or indeed any brainwave entrainment protocol, are not recommended for those with brain injuries. In this case, consult your doctor.

Here is your suggested prescription for enjoying deep delta sleep when experiencing chronic pain, and/or you wish to enjoy powerful healing:

- **In the morning:**
 - *Stress & Anxiety Reduction*
- **In the afternoon, power nap with one of the following:**
 - *Sleep Induction with Night Sounds*
 - *Sleep Induction with Classical Music*
 - *Dissociative Sleep Induction*
 - *Hypnotic Sleep Induction with Suggestions*
- **In bed, listen to:**
 - *Sleep Loop for Pain Management & Healing*

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- *As a general rule, do NOT listen to any Wake Up sessions while healing, in order to avoid aggravating anxiety levels*

Assisting Slow Wave Disorders:

"I have depression, or ADD/ADHD, and just can't sleep..."

Individuals that have been diagnosed with depression or ADD/ADHD are almost always chronic insomniacs or narcoleptics.

These people exist largely in theta states usually associated with light sleep. They can be more creative and insightful, however typically suffer from many sleeping problems.

If you have one of these conditions, or suspect that you do, you should follow a different entrainment protocol for best results. If you don't have one of these conditions, but find the regular Sleep Induction sessions aren't working for you, you could experimentally try this protocol out for yourself.

People that suffer from depression or ADD/ADHD have slow brainwave patterns during a waking state. Ironically, it has been found that speeding up the brainwaves of these individuals actually helps them to sleep better at night.

Therefore, we recommend that you complete at least one Wake Up session per day.

We also recommend that you use Sleep Training session to help prepare the mind for sleep.

As such individuals already have an abundance of slow brainwaves already, Sleep Induction sessions are not required. However, because slow wave brains have irregular sleep cycles, the Sleep Loop may be helpful in maintaining those lower level cycles during the night.

So, to recap: at least one Wake Up session per day - alongside Sleep Training in the afternoon, and possibly Sleep Loop at night.

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Additionally, the Hypnotic Sleep Induction Session with Affirmations may also help at first, in order to try and 'program' the subconscious mind, although this should be limited to once or twice a week at most. Individuals with such a slow wave disorder will also find the Stress & Anxiety session very relaxing, and it may even be used as a sleep induction session in and of itself.

Keeping a regular schedule is paramount to achieving the best night's sleep possible. Regular sleep and wake times must be adhered to. If possible, listening to the sessions at a set time each day would be helpful. Both depression and ADD/ADHD are serious matters and you should allow 3-4 weeks before you make judgement on your improvement.

Here are the sessions we suggest:

- **In the morning or afternoon, listen to any of the following session(s) at least once:**
 - *Wake Up Session*
 - *Short Wake Up Session with Classical Music*
- **In the evening, listen to:**
 - *Sleep Training*
- **In bed, optionally listen to:**
 - *Sleep Loop*

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General Sleep Tips

The Sleep Salon is a powerful tool for helping you achieve an excellent sleep routine. However it needs to be used in combination with good sleep practices in order to achieve the very best results.

Here are some tips for helping you reach this goal. Try to follow these as closely as possible:

- **Caffeine:** Restrict caffeine use, especially after mid-afternoon.
- **Routines:** Go to bed and wake up at the same time each day, even on weekends and off-days. This gives the body clock a routine to stick to.
- **Alcohol:** While one or two drinks may help you relax in the evening, alcohol typically interferes with your normal sleeping pattern. Don't drink 2-4 hours before going to bed.
- **Exercise:** A good exercise routine is very helpful for quality sleep, but don't exercise for at least 4 hours before going to bed.
- **No Stimulation:** Try to restrict stimulating activity before bed. Watching an exciting movie or playing an invigorating video game before bed is not a great idea if you'd like to fall asleep quickly.
- **Sex for Men:** The one exception to the above rule is sex, at least for men. The exercise and subsequent orgasm creates a biochemical reaction, releasing brain chemicals including norepinephrine, serotonin, oxytocin, vasopressin, nitric oxide (NO), and the hormones prolactin and melatonin, all of which are connected with relaxation and sleep. Sex is a great way to help men relax and sleep. Women don't generally enjoy the same benefits.
- **Darkness:** Dim the lights! Bright lights decrease the production of melatonin, the natural hormone that helps you sleep. Dim the lights down early in the evening, and avoid watching TV or looking at a computer screen for at least an hour before bed.

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- **Melatonin:** Consider taking melatonin as a supplement one hour before bed. Melatonin is a natural hormone which helps to promote sleep and is cheaply available throughout the western world. Be sure to speak to your doctor before taking any course of supplements.
- **Warm Shower:** Try taking a warm (not hot) shower or bath before bed. It will help you relieve tension and relax more.
- **Bed for Sleeping and Sex:** Only use your bed for sleeping and sex! This will help create a mental routine and form patterns of association in your brain.
- **Take It Easy:** Don't beat yourself up on whether you can get to sleep or not! You can't force sleep. You can only set the conditions as best as possible, and then let nature take its course. If you cannot get to sleep after listening to a sleep induction session, get out of bed and do something relaxing for 20 minutes, perhaps drink a warm cup of milk or read a few chapters of a book, then try again with a different session.

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Good Night!

Congratulations on reading through this user guide!

You're one of the few individuals that have recognized the crucial importance of quality sleep, and actually taken steps toward achieving it.

Quality sleep can and will change your life. It'll improve your health, mood, memory - and you'll be able to enjoy much more of your waking life as a result!

In this guide, we've looked at the science behind the Sleep Salon: the human brain, brainwave entrainment, and how this audio technology works. We then moved on to explore the Sleep Salon sessions themselves: what each individual session does, and how to use them to overcome everything from occasional sleeplessness to caffeine addiction.

Remember, you can't just read about this stuff - you actually need to **DO IT!**

Get started with the Sleep Salon sessions. Follow the sleeping tips. Burn the sleep induction sessions to an audio CD in preparation for tonight's sleep. Read this user guide again to really allow it all to soak in. **USE** this material. It works!

Monitor your results, and allow yourself a few days to adjust to the 'strange' sounds in the audio. Keep a log book if you can, so you can identify precisely which sessions work best for you.

We've created the Sleep Salon over a period of three long years, calling on decades of expertise, over 75 years of brainwave research, and thousands of test subjects. We know that this material works - and now, for the first time ever, you have full and unrestricted access to the latest cutting-edge brainwave entrainment audio for bringing about deep and healing sleep.

Enjoy your explorations - and here's to your sleepy success!

Yawn -

The Sleep Salon Team

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You Might Also Be Interested In...

The team behind the Sleep Salon are also responsible for two other powerful brainwave entrainment programs.

Firstly, the Brain Evolution System, at <http://gobrainev.com/>

This powerful six-level meditation program helps to "train" your mental muscle, enabling you to access peak-performance states of mind on a daily basis. It's a gym for the brain, helping you to release stress, boost memory power, think creatively, and more.

Secondly, the Brain Salon at <http://brainsalon.com/>

This is the sister product to the Sleep Salon. It's a selection of six powerful brainwave entrainment sessions, each designed to help you tap into a specific state of mind, literally on-demand. Whether you want creativity, energy, focus or relaxation: just play that 30-minute session, and you're done.

We highly recommend each of these programs, especially if you enjoy the Sleep Salon!

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