

## THE FORMAT

Produced as a single continuous 40-minute track, the whole CD is underlaid with the pulse of a gentle heartbeat. The base track (a music box) was recorded in two 18-minute sections, beginning quietly and then introducing the strings and pipe early on while you are still aroused. After a while the texture slowly fades to take you down to a more restful state and induce sleep.

Halfway through, the CD fades to just the heartbeat but for those who are still awake, there is a second chance! The CD gently rises again, strings and pipe returning to capture your attention, mask out your thoughts and once more attempt to take you down to a deeper sleep phase. Finally the music box is overlaid with a chiming clock and the whole soundscape is replaced with a heartbeat slowly fading into silence.

# AND SO TO SLEEP



*sounds to fall asleep by*

*AND SO TO SLEEP... We hope our CD will lull you into a land of sweet dreams and restful sleep*

*And may you never hear the chiming clock!*

## CONGRATULATIONS!

You are now the owner of a CD which can bring you a most precious gift - that of restful sleep.

Your body was designed to have periods of restful sleep every day and it is our desire that the sleep you enjoy will be quality sleep. The music on this CD has been specially constructed to help you fall asleep naturally, but it is not likely to work without some help from YOU!

So here are some suggestions:

- ✦ The first time you put the CD on is very important. Don't just sit down and listen. It is not designed to be entertaining - it is designed to send you to sleep!
- ✦ Use it as part of your own sleep training programme: choose a time when you are **most** likely to fall asleep - when you have had a busy day but are not completely exhausted and you are already feeling sleepy.
- ✦ Clear all books and reading material out of your bedroom and make sure the room temperature is warm.

- ✦ Avoid watching stimulating TV (such as newsreels or action movies) or having a drink in the hour before going to bed.
- ✦ Unplug or mute your phone.
- ✦ Put the CD on at a low volume in your darkened bedroom and allow the quiet sounds to mask out the thoughts of your day. If you find yourself stirring from a light sleep halfway through, stay relaxed breathe slowly and deeply and allow the second sound cycle to gently take you back down again. It is designed to do this.
- ✦ Repeat the process for a few nights and you will have trained yourself, by a process of association, to fall asleep to the sound of the CD.
- ✦ Eventually you will find you can use the CD to induce sleep when you are finding it more difficult - for instance when you need to sleep during the day or when you are awakened in the middle of the night and find it difficult to settle again.