

Sleep Well

These guided relaxations use the power of suggestion and gentle self-hypnosis to help promote sleep. Set to beautiful music, they contain Brainwave Entrainment Technology using binaural tones to induce a deep state of Delta relaxation. **

Each track can be used separately as a sleep inducer.

The first track: Preparing for Sleep can be listened to sitting or lying down; if sitting, it is recommended that you make yourself as comfortable as possible with your head supported, and make sure you are warm enough as body temperature can drop during relaxation.

The last two tracks: Settling into Sleep and Sleep Well are designed to be listened to lying down, in bed, ready for sleep.

Please note that brainwave entrainment music requires the use of headphones, so that each ear receives a specific frequency. You can listen through regular speakers but the binaural tones will not be as effective.

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Track 1: Preparing for Sleep 25.00 mins

Track 2: Settling into Sleep 27.00 mins

Track 3: Sleep Well 21.00 mins

**Precautions. Please note:

Those who should not use brainwave entrainment CDs / downloads include:

- Pregnant women
- Those who wear a pacemaker
- People who have had or are prone to seizures
- People who are photosensitive
- Those who are epileptic, whether knowingly or not.

Do not attempt to listen to these meditations under the influence of alcohol or other recreational drugs, or whilst driving or using dangerous machinery