

# Mp3 Val Goldsack - Drifting - Relaxing Music Promoting Sleep



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Soothing, relaxing and melodic music that is gentle on the ear and relaxes the soul. 15 MP3 Songs in this album (68:01) ! Related styles: NEW AGE: Relaxation, EASY LISTENING: Mood Music People who are interested in Enya should consider this download. Details: Drifting an aid to promote sleep especially for those who suffer from tinnitus, insomnia, anxiety and find it difficult to go to sleep. Insomnia and sleep problems are often caused by stress, anxiety and having a busy mind at the end of the day. This new collection of compositions offers a unique and effective solution to sleep disorders in a safe and natural way, free of any harmful side effects. A careful blend of soothing and gentle music combined with the calming sounds of nature, the soothing of ocean tide, make this CD perfect for relaxing the mind and body and to encourage deep sleep. These sounds can provide tinnitus relief by providing a pleasant background noise which is especially effective at night when the lack of silence is most disturbing for tinnitus sufferers. The average track is around 5 mins in length and they include the sounds of evening birdsong, known to help the natural rhythm of the body, telling the body that it is time to rest. The 5 final tracks are sounds of nature, (no music) and are calming sounds of a soft rain, the sound of the ocean moving in gentle waves promoting deep breathing, all of which assist sleep in a refreshing and positive way, all sensitively balanced with peaceful music. For many people, this style of gentle music seems to have an immediate "slowing down" effect on the listener, and may also helps people get to sleep, and relax deeply after a tension-filled day. This CD is follow up to Vals original CD to promote sleep - Sleep Easy which has been very popular an alternative collection of soothing, healing relaxation music, a perfect musical background for sleep or pre-sleep. The CD is also suitable background music for massage, meditation, healing, yoga, pilates, reiki, shiatsu, tai chi or reflexology. The music for this unique

CD is all original and was written by Val Goldsack a musician who suffers from tinnitus herself. She produced this CD as a personal aid to help her sleep, masking the noise of tinnitus. For more information on Vals music, visit her website [valgoldsack](http://valgoldsack.com)

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