

Brainwave Therapy - Sound Sleep

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Free of spoken words or any guidance, this program delivers 60 minutes of Delta waves woven into dreamy music. Soothing sound waves ease your brain out of the rapid rhythms of Beta, down through the relaxing states of Alpha and Theta, into the welcoming depths of Delta. Pestering concerns are washed away. As you release and let go, you'll slowly start to swirl and drift into a state of deep contentment for a peaceful and refreshing night's sleep. Sound Sleep has been used successfully in hospitals and biofeedback clinics throughout the world. You can use Sound Sleep for power naps, when you travel, or during times when you can't get a full night's rest. Even just one hour of Delta Brainwave Therapy will reset sodium and potassium levels to refresh your brain and clear away mental "fog." A few hours of sleep a night with this program will make you feel as though you had a full eight hours of rest.

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