

Aid For Sleeplessness

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Description: Sleeplessness is usually associated with emotional or mental tension, anxiety, depression, work problems, financial stress etc. This audio utilizes the power of "Brainwave Entrainment" technology.

It will take your brain to deep sleep state and will help you to fall in a healthy natural sleep. Length of

Audio: 40 Minutes Types of Entrainment Sounds: Isochronic Beat Background

Sounds/Environment: Ambient Music, Sound of water and Bells Requirement: You must hear this audio

with stereo headphones Frequency Level: Theta and Delta Best Time To Hear: When you want to sleep.

Eyes Closed or Open?: Closed Position during listening this audio: You should listen to this audio lying on

a bed or where you want to sleep

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