



Duration: 60 minutes

Eyes: closed

Headphones: don't have to be, speakers work too

[\[Link\]](#) to the info page with the possibility to listen in

What is special about this program? The 3 sleep aids (white, pink, brown) release us in the frequency range of natural sleep (deep delta).

Who is it best for? For people who can't sleep.

What does this program consist of? All three sleep aids consist of isochronous beats and noise (white noise, pink noise, brown noise). The left and right beat channels are identical. There is no music.

The beats start at 14 hertz and reach the Schumann frequency of 7.83 hertz (alpha/theta limit) after 10 minutes. After a short stay there, it goes deep into the delta range. The beats become slower and slower. After 30 minutes we reach 1.05 Hertz. We continue on this slow oscillation for the rest of the session. At the end, the noise and the music become quieter and quieter until everything falls silent.

Noise is similar to the sound of the sea - it helps you relax. The choice of noise is a matter of taste. Some people will prefer pink noise, others may prefer brown noise. White noise is the "coarsest".

When to listen? Right at bedtime, or after you've already tossed and turned.

What to look out for when listening? Nothing. Relax... tssssssssssssss.

When does it take effect? You should fall asleep after 20 to 30 minutes.

How often should I listen to it? No more than once a night, and only if you can't fall asleep.

What can I do wrong? After this session has ended, you should not start a new session and the playlist should stop here. Listen to the session quietly. Close your eyes right at the beginning.