

General Information and Guidelines for all Nuphonics™ Music

Purpose-

The scientific and artistic elements within each Nuphonics™ composition is designed to lift, strengthen, and help you in both general and specific ways. They help create a positive environment of renewal, balance, and harmony and facilitate the specific state or outcome which you desire.

You can benefit from these compositions by simply listening to them as a stand-alone improvement tool, or you can use them in conjunction with other helpful life improvement tools and processes.

Process-

Nuphonics™ compositions are designed to help you, the listener, in two specific ways:

1. By creating a direct, physical shift: Nuphonics™ compositions use vibration and sound wave patterns that help create a physical shift, or syncing up of the body with the music, that leads to an improved level of performance and functioning.
2. By creating a mental and emotional shift: Nuphonics™ compositions also stimulate mental and emotional shifts which help to transition you into a desired state of functioning.

Basic Guidelines-

1. **Use as stereo sound system or headphones.** Each Nuphonics™ composition is designed to be effective using many different sound systems. There are patterns and frequencies that are best heard and experienced in stereo or with a good set of stereo headphones. However, the composition will still be very effective using any good sound system.
2. **Use slow, abdominal breathing.** Research has shown that adding a simple step of slow, abdominal breathing to your listening routine can add to the experience. Simply inhale slowly, hold for a moment, and then slowly exhale while relaxing tense parts of the body.
3. **You should not try to “force” yourself into the state that you are trying to create.** Instead, you should relax, take a few deep breaths, and allow the music and sounds to naturally take you on a mental, emotional, and physical journey that will help you transition into your desired state. For instance, if you are trying to relax, worrying about feeling stressed creates more stress! Just “let go” and “let what happens” happen.
4. **Never use the compositions as a punishment or as a manipulation** to “fix” or get a response from another person. Nuphonics™ compositions are powerful and effective tools for helping people improve various aspects of their lives, but are not intended to be a “quick fix” to manipulate others or to solve all of their problems.
5. **Be honest and offer the music for what it is: a positive tool that can help others** function more effectively and achieve their goals in a more positive and enjoyable way.

Create an environment where the music can lift others and where they have the opportunity to choose how it is used.

6. **By regularly finding ways to empower and improve your life**, you will further the great power and potential that you have within you to direct and create good outcomes. Nuphonics™ compositions help stimulate positive thoughts, emotions, and physiological responses to aid in the creation of those good outcomes. Anything that you do to positively improve your life and relationships will only enhance the effectiveness of the compositions and speed up the achievement of your desired goals and objectives.

Specific Guidelines for *Deep Sleep*

1. **Keep it simple and let the music and sounds naturally transition you into the deep sleep state.** It is best not to overcomplicate the use of your *Deep Sleep* composition. In most cases, you simply need to play the CD and let it help you transition into deep and regenerative sleep. If you are one who has chronic sleep challenges, be careful not to “fret” or try to force yourself to fall asleep. Worrying about sleep can set in motion a variety of responses that may actually hinder sleep. Let the music gently guide your thoughts and naturally work with you. Just let happen what will happen. If you find you are awake when the CD ends, just turn it back on and keep your anxiety in check the best that you can.
2. **Best use and caution.** There is no right or wrong way to use the music other than it should not be use while driving, operating heavy equipment, or performing similarly unsafe activities. You should experiment and find the best approach that works for you.
3. **Use the composition right before going to sleep.** The recommended timing is to turn the CD on right before going to sleep and after you have completed the necessary physical and mental activities of the day. Lie down and take a few deep breaths, exhaling slowly to help release any tension from the day. Darken the room, close your eyes, and let the music and sounds take your mind and body on a carefree journey into restful sleep.
4. See [Sleep Tips](#) for suggested sleep routines, rituals, and natural sleep enhancers.