

Specific Guidelines for how to use Deep Sleep™

It has been estimated that as many as 80 million people suffer from sleep deprivation in some form or another. The Deep Sleep™ composition is designed with frequencies, patterns, and musical structure that helps those suffering from these challenges to transition into more deep and restful sleep.

The Deep Sleep™ composition helps entrain brain wave activity into appropriate sleep patterns and helps facilitate a mental, emotional, and physical transition into the sleep state. The sounds and structure of the music help naturally facilitate a “letting go” of mind chatter while simultaneously stimulating mental imagery that helps take you on a peaceful journey into restful sleep.

The following simple guidelines will aid you in getting the most from this composition.

1. **Keep it simple.** It is best to not overcomplicate the use of your sleep composition. In most cases, you simply need to play the CD and let it help transition you into deep and regenerative sleep.
2. **Feel free to use Deep Sleep™ in any way that is most helpful to you.** There is no right or wrong way to use the composition other than it should not be used while driving, operating heavy equipment, or performing similarly unsafe activities. You should experiment and find the best approach that works for you.
3. **Use a sound system that works best for you.** The Deep Sleep™ 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 headphones, but the composition will still be very effective using any good sound system.
4. **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.
5. **Let the music and sounds naturally transition you into the deep sleep state.** If you are one who has chronic sleep challenges, be careful not to try to force yourself to go to sleep. Worrying about, or trying to force, sleep can set in motion a variety of responses that may actually hinder sleep. It is much better to try to relax and let what happens happen.
6. **Help manage mind chatter.** One of the biggest challenges for many people who have difficulty sleeping is shutting off mind chatter. Using simple ways to reduce and release mind chatter before retiring to bed can help the mind prepare for sleep. For example, it can be helpful to take a few minutes before retiring to your bed to quickly plan and write down any thoughts, concerns, and tasks to be completed. This can help put your mind at ease, giving you a greater feeling of control over your life, and allowing your mind and body to relax and transition into sleep.

General Information for all Nuphonics™ Compositions:

Purpose

The scientific and artistic elements within each Nuphonics™ composition are designed to lift, strengthen, and help you in both general and specific ways. They help create a positive environment of renewal, balance, and harmony, while also helping to facilitate the specific state or outcome that 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 at least two important 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 imagery and emotional shifts that help transition you into a desired state of functioning.

While each composition is uniquely designed to help you with a specific need, feel free to experiment with the compositions and use them in any way that may be helpful. Many listeners have reported additional benefits that have been found from different uses and applications of the Nuphonics™ CDs.

Basic Guidelines

- 1- **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 transition you into your desired state.
- 2- **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. Be honest and offer it 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 and help others and where they have the opportunity to choose how it is used.
- 3- **Enhance the effectiveness of the compositions by regularly finding ways to empower and improve your life and relationships.** You have great power and potential within you to direct and create good outcomes in your life. 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.