

## Insomnia Relief

### 35min

### Introduction

This latest generation sound contains very powerful brain waves that will help you fight insomnia efficiently by leading your brain to produce a special pattern of brain waves related to sleep and deep states of rest.

### Description

This is a binaural sound of mental training category, this means that its effects are cumulative. The periodic use of this sound causes the brain waves to vibrate at the desired frequency even without the existence of the sound. In other words, it makes the effect last not only for the moment of listening to the audio but will also be produced naturally by our brain.

### How to use it

Use it before going to sleep. For it to have a better effect, you must be comfortable and focused only on the sound, in a place where you feel comfortable and without distractions. Make sure that you are not going to be disturbed during the audio session. Go to the toilet, drink water if you need to and assure that you have no pending things to do while you are listening to the audio therapy.

When the therapy starts, close your eyes and relax. During the session you must be as relaxed as possible, any worry that you might have may interfere with the pattern of brain waves of the sound and decrease or even null the desired results.

This session requires the use of headphones. It is very important to use your headphones in the right way, always using the right channel for the right ear and the left channel for the left ear. This is because the audio might have information for the right hemisphere of the brain or for the left hemisphere in each channel.

Turn the volume to a comfortable level.

Remember, it is highly recommended to drink a glass of water before each session.

### Must not use

We recommend people who have any of the following conditions not to use this audio:

- Epileptics.
- People with pacemaker.
- People that suffer or are prone to suffer seizures.

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- People under the influence of alcohol or any other mind changing substances, either legal or illegal.
- It must not be used when driving or operating with machinery.
- Photosensitive people must not use led goggles.

Can use this audio only with medical authorization:

- Pregnant women.
- People under the influence of medications or drugs.
- People under 18 years old must be checked by a doctor to assure that they don't suffer from epilepsy or any other illness that might produce seizures.