

Sweet Dreams My Baby

15min

Introduction

This audio leads the baby to a profound sleep. It produces a sensation of protection and company to achieve a greater state of rest and to reduce stress.

- Produce a profound sleep.
- Produce a sensation of protection and company.
- Boosts the brain development.
- It doesn't require the use of headphones.
- It can be used in a continuous way, replaying over and over.

Description

This audio is designed for babies, but it can be used by any person at any age.

How to use it

This sound can be used at any time you consider necessary. Whenever you want to achieve a deep state of sleep and rest listen to a session of this audio. If you want you can replay it over and over. It does not require the use of headphones and has no contraindications as it doesn't contain binaural frequencies. Make sure to turn the volume to a comfortable level, as it was a "background noise".