

# A brief introduction to the **SonicTonic** Player

Here you will find some information about SonicTonic and instructions for using the player.

Nowadays many people use apps for mindfulness and meditation. SonicTonic is based on a technique called Receptive Sound Therapy. Some of the effects may resemble mindfulness and meditation, but with SonicTonic one has nothing to learn or practice. In fact, SonicTonic is more like a treatment. All you have to do is listen. It will help you to calm down and relax - or sleep - and even recharge your batteries, depending on which Tonic you're using.



Instead of taking your break to chat, check your mail or your social media, just listen to a Tonic. It gives you a restart - a quick refresher after a difficult or exhausting task. All you have to do is take a short break (usually 10 minutes) and listen to a Tonic. Within a short time you will feel refreshed and regenerated.

If you're worried about a problem or emotionally disrupted, SonicTonic can be really helpful.

You can sit down, place your forearms on your knees with your head down (e.g. cart driver position). If you prefer to stand still, lean against a wall. Put on your headphones, close your eyes and feel the effective sound. Even at home, if you have trouble falling asleep because you always think in circles, or you wake up at night, use one of the Tonics in the sleep series. The Tonics can be played back indefinitely with the timer - until you fall asleep.

SonicTonic is generally used to solve problems, but it can also be used preventively. For instance, even if you don't have a sleep problem, SonicTonic will help you to sleep better and to wake up bright and refreshed in the morning. The same goes for stress: when you're feeling stressed out, SonicTonic calms you down and helps you feel more relaxed and resilient. Taking a Tonic in a work break can refresh you like a good power nap.

Try to make SonicTonic a habit by using it at least twice a day.

I hope you like it and I would be very grateful for your feedback.

Your criticism and suggestions will help me to continuously improve SonicTonic and make it accessible to more people.

Best wishes,

John Groves

SonicTonic

Enclosed you will find

- an instruction manual
- a list of the Tonics in the player with description

# SonicTonic Player

## Operating Instructions

In the transparent plastic box you will find:

- A SonicTonic Player
- One USB connection cable
- A (very bad ) pair of headphones. Better quality earphones are recommended.

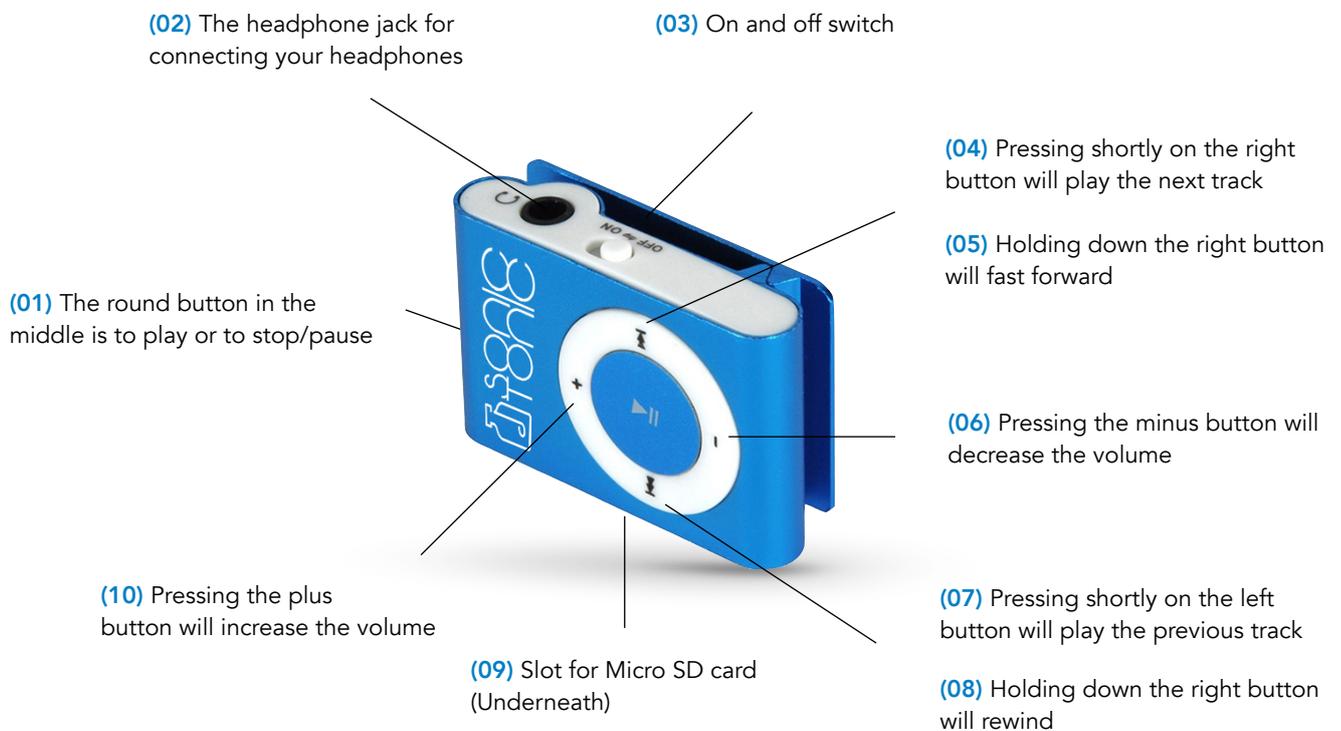


## Information

- Allow the player to charge by connecting it to a power adapter (not supplied) or to the USB port of a computer.
- Always turn off the player after to save power.

Thank you for using the SonicTonic Player.

If you have problems or just want to talk, please use the email address [service@sonictonic.io](mailto:service@sonictonic.io)



# SonicTonic Player Content

List of Tonics with a description and corresponding numbers on the player.

## 01. Deep Sleep

Deep Sleep is a lush and peaceful soundscape that doesn't crave your attention. Repeated thoughts will slowly disappear and be replaced by a state of calmness. Your mind will surrender to the sounds and you will peacefully drift into a deep and refreshing sleep. A hypnotic bell changes back and forth from ear to ear, synchronizing both halves of your brain to calm your mind and banish unwanted thoughts.

## 02. Shutdown

This is a rather unusual tonic. It is designed to reduce stress and has a constant stereo ASMR effect that causes tingling and goose bumps. The main drone is the kind of noise that would make you say, "I can't hear myself thinking! In fact, it works very well to stop unwanted thoughts, worries and circling thinking. But what we didn't expect: it promotes sleep. It contains 10 Hz alpha waves to achieve a pleasant state of relaxation. The main drone is treated with virtual surround software that gives the impression of panning over the head, behind and sometimes even through the head to control stress, stop annoying thoughts or fall asleep.

## 03. Sleep Soundly

Whether you're having trouble falling asleep or are waking up at night, this tonic helps create the brain wave patterns that support the quality sleep you need. It offers a really simple yet effective way to free your mind and prepare for sleep. You should hear it through headphones when you sit down in bed and the lights are out. Some people may need longer or shorter times to fall asleep, but use the timer for 20 minutes to start. Set the volume to medium, press play and close your eyes. Try emptying your mind, but don't worry if your thoughts keep popping up. That's it! Sleep well!

## 04. Autogenic Training

Autogenic training is a proven auditory technique to create calmness. It was developed in 1932 by the German psychiatrist Johannes Schultz. Some people need a few sessions until they get the full benefit, but most will achieve a wonderful state of relaxation the first time. In order to maintain a constant sense of well-being, you should do regular autogenic training.

## 05. Circular Thinking Aid

Shudders and goose bumps. Your head is literally wrapped, making it difficult to follow intrusive thoughts. From an active beginning the ingredients swirl and mix, slowing, purifying, calming and giving a welcome feeling of inner peace.

## 06. Pink Noise

It has been scientifically proven that pink noise provides a deeper and more stable sleep. Dr. Jue Zhang, Ph.D., Associate Professor at Beijing University, China, conducted a sleep study with 50 people. Impressively, 75% of the participants said they had a more restful sleep when exposed to pink noise. "Sound can have a big impact on brain activity and brain wave synchronization - even when you sleep," explains Zhang. "Hearing pink noise slows and regulates your brain waves, which is a sign of restful sleep.