

## The Sleep Series

# One size fits all?

## Will all sleep enhancement techniques work just as well for everyone?

It's a known fact that listening to certain music and sounds can have a positive effect on our sleep. But we should be aware that there are different kinds of sleep problems and that they may have a variety of causes. And to make things even more complicated, there are different types of people who may react differently to the methods and auditory techniques used in SonicTonic.

There are those who will react well to nature sounds, others may be positively affected by classical music, and some may fall asleep quickly when hearing Binaural Beats or other brainwave entrainment techniques. Unfortunately, there doesn't seem to be one technique that will work just as well for everyone: no "one size fits all". Having said that, for most people the first "Tonic" works just beautifully! The only way to find out is for you to actually try it out.

The ingredients used in the SonicTonic Sleep series are:

1. Binaural Beats
2. Brain Hemisphere Synchronisation
3. White noise | Pink noise
4. Autosuggestion (Autogenic Training)
5. ASMR
6. Lullabies
7. Drones
8. Nature sound effects

## The SonicTonic Sleep Series

# The Ingredients

- 1. Binaural Beats** can be seen as a sort of trigger for synchronising brainwaves to create a specific mental state. This process, known as Auditory Bilateral Stimulation - or ABLIS for short, is the rhythmic alternation of sonic activation between the left and the right brain hemispheres, resulting in an energy transfer known as „Brainwave Entrainment“. Binaural Beats are able to produce specific effects, such as inducing sleep, relaxation and energising. They do this by creating signals at the same frequency as the brainwaves of the desired mental state, causing them to resonate and to synchronise. Binaural Beats can also be mixed into a sound program of music or a drone - even subliminally or on the threshold of hearing. Another way is to hear them “pure”. But take note: they may not be everyone's cup of tea! They can be boring - even irritating, although there are many hard-liners that absolutely swear by them. You should try both to see what works for you
- 2. Brain Hemisphere Synchronisation** works by slowly panning a sound backwards and forwards from one ear to the other. This can have a similar effect to Binaural Beats and can be rather hypnotic. Because of the lifestyles of many of us these days, the logical left hemisphere of the brain is often more active than the emotional right side. The idea behind BHS is to synchronise the brainwaves of both hemispheres to positively influence the mental state of the listener. The effect is generally one of relaxation and slowing down.
- 3. Pink noise:** This is scientifically proven to provide deeper and more stable sleep. Dr. Jue Zhang, Ph.D., an associate professor at China's Peking University, lead a sleep study with 50 people. An impressive 75% of the participants reported more restful sleep when exposed to pink noise. *"Sound can have a big influence on brain activity and brainwave synchronisation even while you're sleeping,"* Zhang explains. *"The steady drone of pink noise slows and regulates your brain waves, which is a hallmark of super-restful sleep."* But what is Pink Noise? *"Think of rain falling on the pavement, or wind rustling the leaves on a tree. It's called pink noise because light with a similar power spectrum would appear pink",* he says Dr. Zhang. You can read the more about the study in the Knowledge Pyramid on [www.sonictonic.io](http://www.sonictonic.io)
- 4. Autosuggestion:** Autosuggestion uses repetitive spoken affirmations to train the subconscious mind and positively influence the way a person thinks, perceives or believes. They may be used subliminally, which means on or just below the threshold of hearing. If you have the slightest doubts that your thoughts control your state of being, try repeating to yourself: “I will fail. I am a bluff. I am a loser” and you will soon realise just how powerful your thoughts can be - especially for keeping you awake! Autogenic training was conceived for relaxation but many people find it the perfect method for getting to sleep. You may also want to try Progressive Muscle Relaxation, Active Imagination and other similar techniques.

5. **ASMR**, the acronym for Autonomous Sensory Meridian Response, has been widely reported to relieve anxiety and panic attacks, as well as insomnia. Sometimes referred to as mind massage, ASMR uses 3D sound-triggers. Our live sounds are recorded with 3-D binaural microphones, whereas the electronic and musical sounds are produced using special software. The trigger sounds move around the head to induce a long-lasting pleasant tingling sensation, like a shiver or goosebumps that starts on the scalp and neck and sometimes spreads down to the back and the arms and legs. The feeling is generally found to be relaxing, and tired people will be prone to falling asleep.
6. **Lullabies**: For music to induce sleep, it is known that it must have a high degree of monotony. This means that it should be repetitive and without large dynamics or surprising new parts that may stimulate attention. SonicTonic lullabies adhere strictly to this rule, but some users, particularly musicians or musical people, tend to find themselves following the melody and trying to predict where is going to go, which is not ideal when trying to get to sleep! For others, these simple, childish melodies will have them nodding off in no time.
7. **Drones**: Drones are also monotonous – even more so than lullabies. They usually consist of just one note or a pad which develop slowly over time. Within this main carrier sound there will be various other sound ingredients, such as Binaural Beats, ASMR and others. They can be considered as the carrier.
8. **Nature sound effects**: For many people, there is nothing as relaxing as nature. They must just hear the sound of waves rolling onto a soft, sandy beach and they will be instantly transported to the Caribbean, free of all problems and worries. Or the sound of a summer forrest, where the birds are singing and a cool, gentle breeze rustles through the leaves. Some may prefer nature sounds mixed with soft, relaxing music. It is just a matter of trying them out. Our technicians have recorded our atmospheric sounds using state-of-the-art professional digital equipment. This has created a really high quality 3D immersive experience that makes it seem as though the listener is actually there.

For more information visit [www.sonictonic.io](http://www.sonictonic.io)