

# SLEEP

# BETTER



Soundscapes to enhance sleep quality

By Tom Middleton (Sleep Science Coach)

Sleep Better is a remarkable cd to assist sleep. It has helped me get off to sleep- particularly when I keep waking in the night. Tom Middleton is a sleep science coach and has worked on the cd over a period of 6 years. The cd is the worlds first ever collections of soundscapes researched and designed by a sleep scientist. Soundscapes are designed to ease the brain into switching off and preparing for sleep. The soundscapes have been created and based on research. They help the body and mind decelerate via the exposure to psychoacoustic ambient sounds. The cd helps to reduce your heart rate, respiratory rate and even lower blood pressure. It provides a holistic approach to those who struggle to maintain a regular sleep pattern. Middleton says that the sounds can positively affect people physically and emotionally. An extensive body of literature has been studied and a cognitive neuroscientist

states that the sound tracks are excellent as a stand alone or in addition to other sleep hygiene methods to get a good night sleep. The best songs to help you fall asleep are said to have 60-80 beats per minute. Every track on Sleep Better falls into this range. Middleton's sound tracks work so well that there is a disclaimer on the front of the cd not to listen to it whilst driving, operating machinery or submerged under water.

What you are listening to on this cd is sounds rather than music. Each track is titled with a different element of nature and/or the universe and each track seamlessly bleeds into the next.

I have tried relaxation cds and mindfulness to assist sleep- but to no avail. This cd I have used three times now and it works for me. It surrounds you with a blanket of gentle soothing sound. Haven't yet heard it to the end..... Highly recommended.