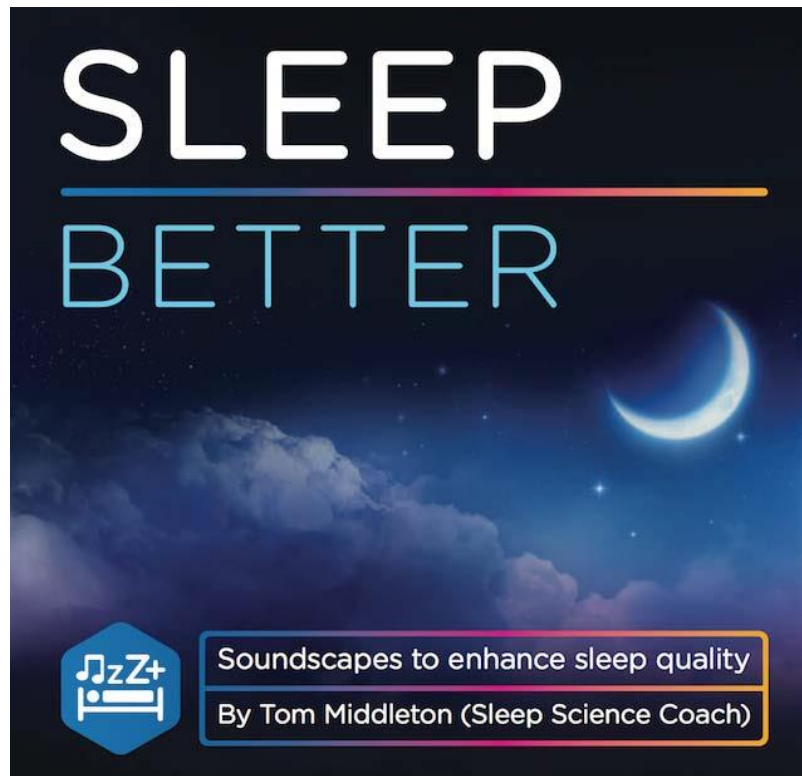


## Sleep Better



Researcher and sleep science coach Tom Middleton has released a CD called 'Sleep Better' to assist sleep. This remarkable CD is the world's first ever collection of soundscapes researched and designed by a sleep specialist.

The soundscapes are designed to ease the brain into switching off and preparing for sleep and 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.

What you are listening to on the 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. 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. The soundtracks on the CD are excellent as a stand-alone or in addition to other sleep hygiene methods to get a good night sleep. 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.