

[Sweet Dreams](#)

by

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Waking up refreshed and eager to start the day is a wonderful feeling. We all want to sleep well and enjoy life to the fullest. When sleep doesn't come easily we wonder why? *A multitude of thoughts scurry through our brain.* Why was it so easy to reach sleep before? Why is it so hard now?

How *do* you get a good night's sleep? Is it just luck of the draw? Or is there something that can be done to stack the deck in your favor. Is there a way to ease into sleep, rest, and that great feeling that comes in the morning?

There is a way to speak directly to your mind that says, dissolve the stimulation of the day and carry me away to the peaceful rest that comes with deep relaxation and sleep.

How do you accomplish the transition?

Among the mp3's in *Sweet Dreams*, you play "Delta". Delta has two tones recorded on separate tracks. These two tones work together to help your brain start to unwind, relax, and go to sleep. Delta tells your brain the next destination is deep sleep.

Play Delta using dual speakers. Listen carefully. You hear two tones that are very close together, and a third sound that fades in and out twice a second. This third sound lets your mind know that you want to go to sleep now.

If the third sound is not quite obvious to you, try this. Look at a watch or clock with a second hand. Listen to Delta. As you listen, count out the number of times that the third sound comes in and fades out. One, two, one, two. In this way you can hear the sound that gets louder and fades out. This two cycle-per-second sound is a signal to your brain to adjust to the deepest level of sleep.

This process is called brain entrainment. It happens all around us. You hear a song with a great beat. Soon your brain begins to synchronize with the music. It wakes you up. It makes you want to dance. OR it relaxes you and tempts you to fall asleep.

Each audio sound file in the *Sweet Dreams* package can be used in two ways.

Use your over-the-ear headphones. Or play the tones over external speakers. Note that ear buds are low quality and do not block outside noises like your over-the-ear headphones.

A powerful technique to reach the deepest level of sleep is to synchronize your brain with the difference between the two tones. To do this, you need to listen with over-the-ear headphones. In this case, your brain hears one tone in the left ear and another tone in the right ear. The tone in one ear is two cycles faster than the first tone. Your brain synchronizes to the 2 cycle per second difference.

Transitioning from being awake to the Delta state takes several minutes. The Delta sound file is about 30 minutes long. Once you get used to the *Sweet Dreams* sounds, 30 minutes should be enough time for your brain to get the idea that it is time for rest. If you need longer, just set your mp3 player program to play the file twice.

There are other sounds on in Sweet Dreams.

Alpha is the lowest state of consciousness that is associated with wakefulness.

Theta is a good for reaching a dream state that is halfway between wakefulness and Delta.

Waterfall is a full bodied audio of a waterfall in wilderness. In Waterfall you hear the rush of a waterfall and water trickling at the water's edge. Waterfall comes to you from nature. It is an actual recording of a waterfall that exists far from any other distracting noise.

Waterfall was recorded with two microphones located about as far apart as your ears. It is the nearest thing to being there that we have in our BioExperience® supply of Good Things for Your Mind™. Use waterfall whenever you like. Waterfall can serve as a background or foreground sound with Delta, Theta or Alpha.