



**Duration:** 30 minutes

**Eyes:** closed

**Headphones:**

recommended

[\[Link\]](#) to the info page with the possibility to listen in

**What is special about this program?** This programme is not a direct sleep aid for the night, but a pure mental training for during the day - which optimizes your night's sleep.

Insomniacs often lack a sufficient level of SMR waves, and these are artificially induced in this session so that the brain gets used to producing these waves itself when it matters; at night. SMR stands for "sensorimotor rhythm" - a sub-spectrum between 12 and 15 Hertz directly above the alpha spectrum.

**Who is it best for?** For people who suffer from insomnia, both in terms of falling asleep and sleeping through the night, night sleep training is a real start to tackling the physical causes and getting by without sleep aids.

**What does this program consist of?** This session contains no music, not even noise, but only isochronous beats. It starts at 10 Hertz and then climbs up to the long plateau of 15 Hertz. It stays there until the end.

**When to listen?** Sometime during the day - not at night! More in the morning than in the afternoon.

**How to listen?** Lying comfortably is the order of the day! Don't listen too loudly, but just enough to be comfortable. The beats also work at half power...

**When does an effect occur? How can I recognize it?** If you sleep much better at night after repeated use, then this session was a hit. It may be that you only fall asleep without any problems a *few days after* listening to it for the last time - i.e. after you have stopped training.

**How often should I listen?** Once a day, initially for a maximum of two weeks as a first training period - or less if success is immediate. Repeat if necessary.

**What can I do wrong?** Keeping your eyes open would be a mistake.