



Duration: 30 and 60

minutes **Eyes:** closed

Headphones: absolutely !

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

Incidentally, a lack of sleep or sleep disorders are a serious health risk.

I can only advise you to find a causal solution, whatever the cost.

For particularly severe cases of insomnia, where the sleep aids are ineffective, there are 2 variants of **sleep forcing** on board.

A short version: 30 min, and a longer one, 60 min.

These two special versions differ from the three sleep aids in that the left and right channels do not play the same thing, but start at 14 Hertz in the left ear and 13.5 Hertz in the right ear at the beginning of the program, and only settle down to a common frequency on the Schumann plateau.

At the beginning, this leads to a dissociation of the brain, and this process also allows the restless to find peace, to get involved with the beats so that they can then be carried down into the delta area.

You absolutely need headphones.

My experience has shown me that I also fall asleep with my headphones and earplugs on. They slip off my head at night and I find them next to my pillow in the morning.