



Sleepy Ocean Gentle Rain

By Jeffrey Thompson

Relaxation Company, U.S., United States, 2008. CD-Audio. Condition: New. Abridged edition. Language: English . Brand New. DR. JEFFREY THOMPSON'S clinically proven audio system helps you fall asleep, stay asleep and wake up feeling rested and refreshed. Delta Brainwave Pulses blended into the sounds of the Pacific Ocean surf and gentle rain dripping from leaf to leaf, lull you effortlessly to sleep. Sleep is vital to our health and well-being. Yet millions of us don't get the sleep we need to live healthy and productive lives. Simply listen to this clinically proven audio system at bedtime and fall asleep easily and naturally. THE DELTA SLEEP SOLUTION STORY. In the deepest state of sleep your brainwave patterns change to slow frequency Delta waves. Dr. Jeffrey Thompson has developed unique ways to embed these Delta pulses into multilayered, 3-dimensional nature sound recordings. After a few minutes of listening, your own brainwaves naturally lock onto the Delta pulses and lead you easily into deep, restful sleep. CD 1) Sleepy Ocean: Delta Brainwave Pulses embedded into the soothing sounds of the Pacific Ocean surf rolling onto a pebbled beach, lull you effortlessly to deep restful sleep. CD 2) Sleepy Rain: From the coziness of...



READ ONLINE
[3.36 MB]

Reviews

It is just one of the most popular ebooks. It normally will not cost too much. I am very easily could get a pleasure of looking at a composed publication.
-- Rosetta Thompson

It is just one of the best publications. This can be for anyone who states that there was not a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.
-- Tara Jerde