

# Sleep & Sound Therapy

Dr Tomatis believes that if we receive sufficient stimulation for the brain, the need for sleep is reduced. Studies have shown that deep sleep, medically termed “hypersomnia”, is the most essential type of sleep for our well being. Dreaming sleep or REM (Rapid Eye Movement) is a lighter sleep and with Sound Therapy it may be reduced in length without ill effects. The purpose of sleep is to replenish the brain’s energy. If the brain receives adequate stimulation from sound then the hours of sleep can be reduced.

## How Sound Therapy helps

Sound Therapy encourages re-education of the ear to receive very high frequency sounds, between 8,000 and 16,000 Hz. Most of us have closed off to some extent to these sounds because of stress and long term exposure to damaging, low frequency noise from machines. As the middle ear muscles are rehabilitated by Sound Therapy, high frequencies can once again reach the inner ear. The high sounds aim to stimulate the brain and improve the functioning of the whole nervous system. Stress reduction enhances the body’s ability to replenish itself with sleep.

**A Sound Therapy listener does not accumulate tiredness during the day and display energized tranquility that enables rest. The therapy may improve the quality of sleep, producing a profoundly restful slumber even for people who have been restless sleepers.**

Through gaining deeper sleep, many listeners find that they need less sleep and can reduce their requirements by two or three hours per night. Dreams are often changed, nightmares subside, and clear positive dreams are recalled.

## Insomnia

Some insomniacs have experienced an immediate and dramatic improvement in their sleep. Insomnia is caused by excessive cortical excitation that cannot be stopped. Though Sound Therapy aims to re-charge the brain for activity during the day, it may have a calming effect which enables the listener to slip easily and quickly into sleep. While the brain and the nervous system are stimulated by the sound, an active serenity may be experienced, which also allows for deep rest. Sleeplessness due to anxiety may also be resolved. The opening of the ear to high frequency sounds re-creates the pre-birth experience and can facilitate the resolution of early emotional anxieties.

**A recent survey indicates that between 70% and 80% of Sound Therapy Listeners notice an improvement in their sleep.**

## How to listen

Some people benefit from listening to Sound Therapy as they go to sleep and may listen either for the first 90 minutes or all night. Others will find that listening during the day is more appropriate to fit in with their sleeping and waking routine.

For example, some people find the therapy helpful to put them back to sleep if they wake in the night, whereas others may listen for an energy boost if they become drowsy in the evening. Each person needs to develop a listening routine that suits their needs and is appropriate to their individual response.



## COMMENTS FROM SOUND THERAPY LISTENERS

*“I now wake earlier with less tossing and turning, and my dreams are less scary”*

~ T.H. ROBILLARD

*“I require less sleep to ‘re-charge”*

~ BARBARA BRAITHWAITE

*“My sleep is markedly improved. I now have deep, restful sleep and wake without any hangover of drowsiness”*

~ MRS P. CAMPDEN

*“Probably the most spectacular result was my sleeping patterns. After about a month on the therapy I started to sleep very soundly”*

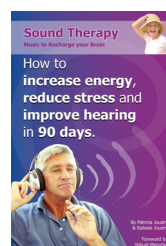
~ DR VERA SAURAN

*“The therapy has enabled me to cut my sleeping time down from nine to seven hours per night for the first time in my life thus enabling me to get more done”*

~ MARGARET OWEN

*“I used to take hours to get to sleep. Now ten minutes. My husband is now doing the therapy and for starters has stopped snoring”*

~ HELEN SCHATZLEY



For more information on the Sound Therapy program it is recommended that you read the book **Sound Therapy: Music to Recharge your Brain** by Patricia and Rafael Joudry available from good bookstores or from **Sound Therapy International Pty Ltd.**



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