



# Ambient Music for Sleep

*Jeffrey Thompson*

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## **Ambient Music for Sleep** Jeffrey Thompson

Embedded in this musical soundtrack are pulses of sound that activate ALPHA brainwave patterns, leading you to healthful and enjoyable states of relaxation. Based on over 20 years of pioneering clinical research. Experience beautiful and soothing musical compositions and 3D sounds of nature. Easy to use with headphones or ordinary speakers. Contains no spoken words or subliminal messages. CD1) Alpha Relaxation System. Deep Relaxation. Listen to this program sitting or lying down with your eyes closed to enjoy states of deep relaxation and meditation. These are the deep Alpha states that EEGs show are attained consistently by experienced meditators. CD 2) Active Relaxation 2.0. Active Relaxation. Listen to this program in the background while working, studying, or doing any activity to produce a lighter, more alert Alpha state--a balanced, nonstressed state of mind in which productivity, learning, and mental clarity are all enhanced. Dr. Jeffrey Thompson's pioneering work has led to groundbreaking discoveries in how sound frequency patterns built into musical soundtracks induce brainwave entrainment. Fortune 500 companies, healthcare professionals, clinics, hospitals, meditation groups, and individuals worldwide use Dr. Thompson's many audio programs for deep relaxation, healing, inner exploration, and meditation. "A variety of symptoms and conditions can result from prolonged exposure to stress, but these can be eliminated if we deal with the stresses in our lives on a regular basis." - Dr. Jeffrey Thompson

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