

Good Night, Sleep Well...

The “Good Night Sleep Well” recording is designed to help bring on sleep by quieting the mental “noise” that can adversely affect your quality of sleep. Think calming thoughts, or nothing, while you drift off listening to these specially designed tones that lead you gently into a healthful and restful sleep state.

This recording actually guides you into your sleep cycle, helping to give you a head start on a restful and rejuvenating nights sleep and its best listened to at a low volume and without headphones.

Usage...

- This recording should be listened to at night, just as you go to sleep.
- Loosen any tight clothing. Remove your shoes, glasses, contact lenses etc.
- You may listen to this recording with, or without headphones. However you may want to listen without headphones, so they do not wake you up afterward.
- The listening volume should be low. COMFORT is very important. If you listen to the recording at too high a volume, you are working against the purpose of it. Important Update... TMM recordings have been found to be very powerful by its users; as a result we now suggest that if the effects feel too strong with headphones then you should begin listening without headphones until you get more used to it. You will still get the benefits and give your brain and mind time to adjust.
- Results will vary between users. Results also depend on your frame of mind when listening, the time of day (its always better to have a scheduled time every day to listen to these recordings as it will help your mind and brain to incorporate the benefits and at the same time it will make it easier for you to make it a “habit”).
- Following the suggested listening protocols/patterns will ensure you get the most from this recording.
- Depending on the individual, effects from these recordings may be noticed the first time or maybe not until the 30th. It is very important to remember that whether you initially notice “effects” or not, it is indeed having an

effect. Its just like exercise, you would not expect to see changes in your body after the first few times working out would you?

- **Under no circumstances should you drive a car or operate potentially dangerous machinery/equipment while listening to these recordings.**

Enjoy:)

Morry

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