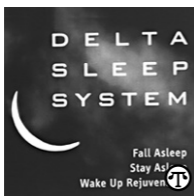


INGENIOUS IDEAS

An Idea To Sleep On

(NAPSA)—Scientists have found that music—engineered via a special process—helps people get the sleep they need. For example, one sleep aid, a CD titled the



“Delta Sleep System,” already a success in 26 countries, uses a musical pattern that coaxes brain waves

toward their natural pattern of deep Delta sleep.

Jeffrey Thompson, D.C., B.F.A., has been researching brain waves for more than 20 years. Based on proven scientific studies on how



Inaudible pulses of sound are embedded into a musical soundtrack that can help you sleep.

sound frequency patterns built into musical soundtracks induce brain wave entrainment, he has created more than 55 CDs, including “Awakened Mind System,” which made the Billboard charts.

One of his most popular is considered balm for the weary and sleep deprived. The “Delta Sleep System” CD is named after the most physically relaxed stage of sleep, known as Delta Sleep. Studies show a marked improvement in sleep quality in subjects listening to this CD.

For more information on this and his other CDs, visit www.TheRelaxationCompany.com.