

Mp3 Val Goldsack - Sleep Easy - Gentle Music To Promote Sleep For Tinnitus Suffers

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Sleep Easy an aid to promote sleep especially Soothing, melodic music that is gentle on the ear and relaxes the soul. Innovative, dreamy, relaxing, easy listening instrumental music that will help you relax and sleep. 6 MP3 Songs EASY LISTENING: Mood Music, NEW AGE: Relaxation Details: Sleep Easy an aid to promote sleep especially for those who suffer from tinnitus, insomnia, anxiety and find it difficult to go to sleep. Insomnia and sleep problems are often caused by stress, anxiety and having a busy mind at the end of the day. Sleep Easy CD offers a unique and effective solution to sleep disorders in a safe and natural way, free of any harmful side effects. A careful blend of soothing and gentle music combined with the calming sounds of nature, the soothing of ocean tide, make this CD perfect for relaxing the mind and body and to encourage deep sleep. These sounds can provide tinnitus relief by providing a pleasant background noise which is especially effective at night when the lack of silence is most disturbing for tinnitus sufferers. There are six tracks of around 7 mins in length and they include the sounds of evening birdsong, known to help the natural rhythm of the body, telling the body that it is time to rest. There are calming sounds of a soft rain, the sound of the ocean moving in gentle waves promoting deep breathing, all of which assist sleep in a refreshing and positive way, all sensitively balanced with peaceful music. The music for this unique CD is all original and was written by Val Goldsack a musician who suffers from tinnitus herself. She produced this CD as a personal aid to help her sleep, masking the noise of tinnitus. For more information on Vals music, visit her website [valgoldsack](#) People who are interested in Enya Insomnia should consider this download.

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