

Rain And Chimes Sleep Session Mp3

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This brainwave entrainment session is designed to be a sleep aid. Embedded into the sound of Rain and Wind Chimes (which is available as a pure recording) are subtle, rhythmic pitch modulations that guide your mind through various relaxed states and eventually to sleep using alpha, theta, and delta brainwave entrainment. The entrainment in this session is very difficult to notice. This session can be used with AudioStrobe-compatible light-and-sound devices. Approximately half an hour long. Do not listen to brainwave entrainment while driving or operating machinery. Brainwave entrainment should not be used by pregnant women or people who are prone to seizures. Go to moodstreamsfor more samples and soundtracks.

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