

bedtime beats®

Winner of Daily Candy's Sweetest Sound Award

The original 60 to 80 beat-per-minute sleep solution.
Ideal for home and travel.



SAMPLE THE MUSIC THEN DOWNLOAD

Bedtime Beats® - The Secret To Sleep

Bedtime Beats is an award-winning, musical sleep solution that is based on real science. It was inspired by a study conducted by a Case Western Reserve University nursing team and published in the Journal of Advanced Nursing. The study found that listening to soft and soothing classical or jazz music which maintained a 60 to 80 beat per minute tempo (matching the range of a normal resting heart rate for adults) helped listeners fall asleep faster and stay asleep longer. When used consistently as part of a nightly ritual, this particular "musical sleep remedy" significantly improved sleep quality.

Bedtime Beats® - The Secret to Sleep® is programmed according to the findings of this study and was created to help you form the foundation for your own perfect night of rest.

Lose yourself in the experience of dreaming as interpreted by the world's greatest composers: Chopin, Debussy, Brahms, Beethoven. Woven seamlessly together in tranquil harmony, Bedtime Beats provides you with more than sublime sound. Almost magical at times, the individual musical portraits found on Bedtime Beats® help form the foundation for your own sleep ritual.

Dream on and relax into slumber with blissfully restful "sleepstyle" music...

[listen now](#)