

SLEEP

Sound neuroscience
for a restful night's sleep

Go to sleep faster. Stay asleep longer.

According to the National Sleep Foundation, 40 million American adults have a chronic sleep disorder. But nearly three times that number – 60% of adults and 69% of children – report trouble sleeping a few nights a week or more.

Sleep matters.

Lack of sleep comes with a high cost to our ability to learn, our health and safety, and quality of life. Most people don't get enough sleep. In the short term, a lack of adequate sleep can affect judgment, mood, ability to learn and retain information, and may increase the risk of serious accidents and injury. In the long term, chronic sleep deprivation may lead to a host of health problems including, diabetes, cardiovascular disease, depression, and obesity.

The Listening Program® SLEEP is an auditory sleep aid that you listen to while you're going to sleep. Created by Advanced Brain Technologies with a neuroscientist, it uses nearly-inaudible sounds embedded in beautiful music to help you go to sleep faster and stay asleep longer.

TLP SLEEP works where other products don't, because it uses two natural approaches to sleep. It uses embedded sounds that trigger the motion-induced sleepiness that babies experience while being rocked and that people feel while riding as a passenger in a car or on a train, while music simultaneously entrains the brain to the slower brainwave rhythms needed to sleep. This combination results in a sleep that's natural, easy, restful and refreshing.

Get your ZZZs. Rest soundly with SLEEP from The Listening Program®

Order today!

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advancedbrain.com/sleep


THE
LISTENING
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