SLEEP SOUNDLY
Vol. 2
STEVEN HALPERN
• Next-Gen Brain Balancing Music…plus
• Delta (1-3 Hz) Brainwave Entrainment
  • Subliminal Affirmations
STEVEN HALPERN is a Grammy® nominated, Billboard charting, multi-platinum selling recording artist, composer, producer, researcher, sound healer, and author. His atmospheric compositions pioneered a new genre of therapeutic music. Indeed, more people relax and fall asleep to Steven Halpern’s many albums than any other living composer!

Steven Halpern recently celebrated his 40th anniversary (1975-2015) as a founding father of New Age music. His DEEP ALPHA was a 2012 Grammy® nominee. Landmark brainwave biofeedback research documented that Halpern’s Non-Predictive™, brain balancing compositions were significantly more effective at evoking the listener’s relaxation response and alpha and theta brain states than any other music tested.

A popular media spokesperson and guest on hundreds of TV and radio programs including 48 Hours (CBS), All Things Considered (PBS) and The New York Times, Steven is the author of Sound Health (Harper & Row, 1985), numerous articles and a free monthly newsletter since 1985. Steven Halpern, Ph.D. serves as the Sound Medicine director of MedCalm.com, a leading audio-visual content provider that promotes wellness and empowers patients in public and VA hospitals.

Friend him at: www.Facebook.com/StevenHalpernFanPage
Follow him on Twitter at: www.Twitter.com/StevenHalpern

Why Most Music Keeps You Up at Night

“Insufficient Sleep is a Public Health Epidemic!”
— Center for Disease Control and Prevention (3/17/11)

Most music is composed to entertain or distract us. That’s great most of the time, but not when you’re needing to fall asleep. When we listen to most music, from Bach to rock, our brains unconsciously analyze the melody and harmonic structure. This keeps us predicting the future, which keeps us awake in the present.

Most music is intended to entertain you and keep your mind and emotions busy. But you need to relax your body and quiet your mind in order to fall asleep.

My music is based on both a scientific and intuitive understanding of how to orchestrate the ‘human instrument’ for sleep.

Discover the hidden stressors in music with my “Scalus Interruptus” video: https://youtu.be/-Ml8KiWH_1E

SLEEP SOUNDLY Vol. 2 builds upon the best-selling first volume SLEEP SOUNDLY (IPM 2062), originally released in 1980. That version features restful versions of Brahms’ beloved Lullaby performed on grand piano, violin and flute, plus original compositions.

“I highly recommend Arianna Huffington’s The New York Times #1 best-seller, The Sleep Revolution to help motivate you—as it has me—to take your sleep deficit more seriously.” — Steven Halpern
**The Extraordinary Tones of the Rhodes Keyboard**

The sleep-inducing effect of this recording owes a lot to the soothing tones of the Rhodes electric piano. It is not a synthesizer.

Like a series of tuning forks played by a keyboard, my Rhodes produces a uniquely therapeutic tone that is ideal for healing and sleep. It scored the highest in EEG biofeedback testing compared to other instruments.

“Steven Halpern is a musical magician, a healer with sound. His music has helped millions experience transformative moments that lead to greater wholeness and happiness. Music is one of the most powerful forces available to humans, and Halpern wields this medium with immense skill.”

— LARRY DOSSEY, MD, bestselling author, Re-inventing Medicine

**About Subliminal Affirmations**

Researchers and millions of individuals now harness the power of their mind to help them fall asleep. The key is to bypass the ‘thinking mind,’ and go straight to the subconscious mind. This is the level at which meaningful change primarily occurs.

A series of positive statements are spoken, in the first and second person for maximum benefit, and blended softly (subliminally) into the music. Although essentially inaudible, your subconscious mind can perceive these statements — and responds automatically.

Subliminal affirmations include:

- You now fall asleep effortlessly;
- You awake relaxed and refreshed;
- You are relaxed;
- The music triggers your sleep response;
- I am relaxed;
- I fall asleep easily;
- I wake up relaxed and renewed.

**Other “Sound” Suggestions to Help You Sleep:**

1. Sleep Soundly Vol. 2 (part 1) 8:23
2. Sleep Soundly Vol. 2 (part 2) 10:27
3. Sleep Soundly Vol. 2 (part 3) 6:05
4. Sleep Soundly Vol. 2 (part 4) 7:24
5. Sleep Soundly Vol. 2 (part 5) 5:01
6. Sleep Soundly Vol. 2 (part 6) 8:26
7. Sleep Soundly Vol. 2 (part 7) 6:11
8. Sleep Soundly Vol. 2 (part 8) 7:23
9. Sleep Soundly Vol. 2 (part 9) 5:04
10. Sleep Soundly Vol. 2 (part 10) 8:33

Total Time: 73:30

**COMPOSED AND PRODUCED BY STEVEN HALPERN**

STEVEN HALPERN: Rhodes Mark 7 electric piano, additional keyboards

MICHAEL MANRING: Fretless bass

WARREN KAHN: Recording Engineer
Banquet Studios, Sebastopol, CA

© ® 2017 Steven Halpern / Inner Peace Music®
© 2017 Open Channel Sound Company (BMI)

All Rights Reserved. Unauthorized copying is prohibited by federal and karmic law. Thank you for your support.
A Breakthrough Combo of Brain-Balancing Music and Technology that Can Help You Fall Asleep Tonight!

Most people never consider using music as an effective alternative to OTC and prescription drugs. Indeed, most music has hidden stress factors built into the harmonic structure that keep you awake.

People have been telling Steven for over 40 years that “your music puts me to sleep…and that is such a welcome blessing!” Chances are, it will work for you as well.

This dreamy “pillow of sound” features the soothing sounds of electric piano and atmospheric keyboards. The program combines the power of 3 proven modalities: healing music, delta range (1-3 Hz) brainwave entrainment, and subliminal affirmations.

You don’t audibly hear them, but your subconscious does, and responds automatically. You’ll most likely be asleep before the music ends.

“'The perfect companion to Arianna Huffington’s NY Times #1 best-seller, The Sleep Revolution.” — Leading Edge Review

Note: Not intended as a substitute for medical care.

Steven Halpern PhD, is a Grammy® nominated, Billboard charting, bestselling recording artist, composer, and pioneering sound healer. He is an internationally recognized authority on sound, stress and sleep. StevenHalpern.com

© © 2017 Steven Halpern / Inner Peace Music © 2017 Open Channel Sound Company (BMI)