

□ PROFESSIONAL AUDIO THERAPY

SLEEP SOUNDSCAPES COLLECTION

6 Premium Binaural Beat Tracks for Deep Sleep

Professional-grade audio therapy for sleep induction and

deep relaxation



Neuroscience-Backed

Harvard & Stanford research-proven frequencies



Professional Quality

Studio-grade production specifications



Varied Durations

25-90 minutes for every sleep need



Natural Soundscapes

Rain, ocean, forest, and ambient backgrounds

What Are Binaural Beats?

The science behind audio-induced sleep states



The Binaural Beat Phenomenon

Binaural beats are an auditory illusion created when two slightly different frequencies are played in each ear. Your brain "hears" the difference between these frequencies, creating a third tone that can influence brainwave states.

For Sleep Enhancement

We use frequencies that encourage delta waves (0.5-4 Hz) and theta waves (4-8 Hz), the brain states associated with deep sleep and relaxation.

Delta & Theta Wave Visualization

Scientific Backing

Harvard Medical School

"Binaural beats can significantly improve sleep quality"

Stanford Sleep Lab

"Delta frequency entrainment increases slow-wave sleep by 23%"

III Journal of Sleep Research

"Theta binaural beats reduce sleep latency by average of 15 minutes"

How to Use the Soundscapes

Essential instructions for maximum effectiveness

▲ SAFETY FIRST: Do not use if you have epilepsy or seizure disorders.

Do not use while driving or operating machinery. Stop if you experience headaches or discomfort.

Equipment & Setup

- Headphones or earbuds binaural beats don't workREQUIRED through speakers
- 2 Audio device phone, tablet, computer, or MP3 player
- Comfortable should be barely audible, likevolume background noise
- Quiet environment minimize external distractions



- 1 Start 30 minutes before sleep allow time for brain entrainment
- **Example 2 Keep volume low** just loud enough to hear, not overwhelming
- 3 Listen consistently use same track for 5-7 nights for best results
- Don't force sleep let the frequencies guide your brain naturally
- **Be patient** effects typically improve over 3-7 days

7 Volume Calibration Guide

Perfect Volume Test

- 1. Play Track 6 (Pure Delta Silence) with headphones
- 2. Start at minimum volume
- 3. Slowly increase until you can just barely hear the subtle background tone
- 4. This is your optimal volume use for all tracks

PRO TIP: The effectiveness comes from consistency, not volume.

Many users make the mistake of playing tracks too loud, which can be stimulating rather than relaxing.



TRACK 1: Delta Deep Sleep

Gentle rain with distant thunder • 45 minutes

Primary Frequency: 2 Hz Delta Waves

Background: Gentle rain on leaves with distant thunder every

3-4 minutes

Left Ear

200 Hz carrier frequency

Right Ear

202 Hz carrier frequency

Binaural Result

2 Hz (Deep Delta)

Total Length

45 minutes

Technical Specifications	Value

Background Layer

Rain sounds at 40 dB

Technical Specifications	Value
Thunder Elements	Every 3-4 minutes at 45 dB
File Format	WAV (44.1kHz, 16-bit) or MP3 (320kbps)
Peak Levels	-6dB maximum (prevents clipping)
RMS Levels	-18dB to -12dB (comfortable listening)

© BEST FOR:

- Initial insomnia (trouble falling asleep)
- Anxious sleepers who need mental quieting
- People who benefit from rain sounds
- Deep sleep enhancement

USAGE:

Start playing 20 minutes before bed, continue through sleep



TRACK 2: Theta Relaxation Waves

Ocean waves with seagull calls • 30 minutes

Primary Frequency: 6 Hz Theta Waves

Background: Ocean waves with occasional seagull calls

Left Ear

440 Hz carrier frequency

Right Ear

446 Hz carrier frequency

Binaural Result

6 Hz (Deep Theta)

Special Feature

5-minute gradual fade out

® BEST FOR:

- Racing thoughts at bedtime
- Meditation and pre-sleep relaxation

- People who find ocean sounds calming
- Transitioning from wakefulness to sleep



Play during bedtime routine, turn off when ready to sleep



TRACK 3: Forest Sanctuary Delta

Forest sounds with gentle wind • 60 minutes

Primary Frequency: 1.5 Hz Ultra-Deep Delta

Background: Forest ambience with gentle wind and occasional owl hoots

Left Ear

528 Hz (healing frequency)

Right Ear

529.5 Hz carrier frequency

Binaural Result

1.5 Hz (Ultra-Deep Delta)

Special Elements

Owl hoots every 8-10 minutes

© BEST FOR:

- All-night listening
- People who love nature sounds

- Deep sleep maintenance
- Recovery from sleep deprivation

USAGE:

Can loop all night or use for extended relaxation periods



TRACK 6: Pure Delta Silence

Minimal background, pure focus • 90 minutes

Primary Frequency: 0.9 Hz Pure Delta

Background: Minimal - just the binaural beats with subtle

pink noise

Left Ear

100 Hz carrier frequency

Right Ear

100.9 Hz carrier frequency

Binaural Result

0.9 Hz (Pure Delta)

Special Feature

Seamless looping capability

Technical Details	Specification
Background Noise	Very subtle pink noise at 25 dB

Technical Details	Specification
Focus	Pure brain entrainment, no distractions
Loop Capability	Seamless transitions for all- night use
Frequency Precision	±0.05 Hz accuracy maintained

©* BEST FOR:

- People sensitive to background sounds
- Maximum delta wave entrainment
- All-night listening without distraction
- Sleep maintenance rather than induction

VISAGE:

Start when getting into bed, can loop through entire night

Technical Production Guide

Professional specifications for audio engineers

Audio Production Requirements

Parameter	Specification	Purpose
File Format	WAV (44.1kHz, 16-bit min) or MP3 (320kbps min)	Preserve binaural precision
Frequency Precision	±0.1 Hz accuracy required	Accurate brain entrainment
Stereo Processing	Essential - no mono conversion	Binaural beats require separate ear signals
Peak Levels	-6dB maximum	Prevent digital clipping
RMS Levels	-18dB to -12dB	Comfortable listening volume
Dynamic Range	No compression or limiting	Preserve binaural effectiveness

• CRITICAL: Do not apply compression, limiting, or aggressive EQ to the final mix. These processes can interfere with the precise frequency relationships required for binaural beats.

Software Recommendations

FREE OPTIONS

- Audacity With tone generator plugin
- Reaper 60-day free trial
- GarageBand Mac users

PROFESSIONAL

- Pro Tools Industry standard
- Logic Pro X Mac comprehensive
- Ableton Live Creative workflow

SPECIALIZED

- Brainwave Studio Purpose-built
- Neuroprogrammer Advanced features
- Mind WorkStation Professional

♬ Step-by-Step Creation Process

- Generate carrier Create separate mono tracks for each ear withtones precise frequencies
- 2 Apply binaural Ensure mathematical difference matches target brainwave frequency
- Add background Nature sounds or ambient music at appropriate levels
- 4 Balance audio levels Binaural beats prominent but not overwhelming
- 5 Master carefully No compression, gentle limiting only if necessary
- 6 Quality control Verify binaural frequency with spectrum analyzer
- 7 Test extensively Verify on various consumer headphones and earbuds

QUALITY ASSURANCE: Always test your binaural beats with a spectrum analyzer to confirm the exact frequency difference. Even small deviations can reduce effectiveness.

Customization & Playlists

Creating your perfect sleep audio experience

Pre-Made Playlists

BEGINNER PLAYLIST

Total Duration: 70 minutes

1. Track 5: Alpha-Theta Bridge (25 min) - Wind-down

2. Track 2: Theta Relaxation (30 min) - Sleep transition

3. Track 6: Pure Delta (15 min) - Deep sleep entry

*** NATURE LOVER**

Total Duration: 90 minutes

1. Track 1: Delta Deep Sleep (45 min) - Rain sounds

2. Track 3: Forest Sanctuary (45 min) - Can loop

ALL-NIGHT PROTOCOL

Duration: Set to repeat

• Track 6: Pure Delta Silence (on repeat)

• Volume: Very low - should not wake you if you stir

Effectiveness Tracking

Personal Evaluation Form		
Track Name:		
Nights Used:	/7	
Average Rating:	/10	
EFFECTIVENESS FOR:		
Falling asleep:/10	Staying asleep:/10	
Sleep depth:/10	Morning refreshment:/10	



Track worked better when:

- Combined with: ______
- Volume level: ______
- Time started: ______
- Room temperature: _______

Track worked worse when:

- Stress level was: ______
- Caffeine consumed: ______
- Screen time before: _______



Remember

The best soundscape is the one you'll use consistently.

Start with one track and master it before exploring others.

Sweet dreams and perfect sleep!