

# SLEEP 101

## USER GUIDE

**Thank you for your support! 😊**

Here are some tips to help you get the most from your purchase.

### **How to use sleep tracks**

Here's a simple diagram...



**Sleep tracks should be used right at bed time.**

Put on your headphones, start your device, close your eyes and let the tones guide you into a deep, peaceful sleep.

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### Extra Tips

1. **You must wear headphones!** Binaural beats do NOT WORK without them. Listening with phone or tablet speakers will not produce the desired results.
2. **You can use any headphones (earbuds, earphones, etc.)**  
Wired or wireless, expensive or cheap. It doesn't matter.
3. **Disable any audio filters** on your devices (effect modes, surround enhancers like Dolby and DTS, bass boost, etc.) as they will interfere with proper audio playback.
4. **Keep the volume low (20-40%).** It should be juuust loud enough to hear the pulsating sound. Cranking the volume up won't change your state any faster.

### Track List

For beginners:

1. **Beginner Sleep Cycle (14 Hz to 2 Hz) - 90 minutes**  
Covers a full 90-minute sleep cycle. Designed to be gentle for people who are new to binaural beats. It goes into Delta more slowly, to give your brain more time to adjust. It also doesn't go as deep – though 2 Hz is still VERY relaxing!

For people who have been using binaural beats for at least 2 weeks:

2. **Deep Sleep (14 Hz to 0.2 Hz) - 60 minutes**  
The one that started it all! Created to help you get to sleep quickly.
3. **Advanced Sleep Cycle (14 Hz to 0.2 Hz) - 90 minutes**  
A full 90-minute sleep cycle that'll bring you into an extended deep state.
4. **Full Sleep + Wake-Up (14 Hz to 0.5 Hz to 27 Hz) - 8 hours 10 minutes**  
A deeply restorative 8-hour sleep track with 10 minutes of wake-up at the end.
5. **Quick Delta (14 Hz to 0.2 Hz) - 30 minutes**  
To help you get back to sleep if you wake up too early.

For the next level ... see [Sleep 201!](https://www.jodyhatton.com/shop/sleep-201/) <https://www.jodyhatton.com/shop/sleep-201/>

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### Potential Side Effects

Listeners sometimes report headaches or nightmares when they first start using binaural beats for sleeping. If either of these happen to you:

- a) Make sure your volume is low (20-40% maximum), and
- b) Switch to the “Beginner” sleep track instead of the Advanced ones.

If you’re already using the Beginner track and you experience these symptoms, you can use my Power Nap tracks every day for two weeks to get your brain used to binaural beats.

#### Links:

- YouTube: [Power Naps \(Original, With Alarm\)](https://bit.ly/3rHCxqU) - <https://bit.ly/3rHCxqU>
- YouTube: [Power Naps \(Without Alarm\)](https://bit.ly/38cYGXx) - <https://bit.ly/38cYGXx>
- Jody’s Shop: [“The Reboot” Pack](https://www.jodyhatton.com/reboot/) - <https://www.jodyhatton.com/reboot/>

### Questions, Concerns or Requests

I’m here for you any time! [jody@jodyhatton.com](mailto:jody@jodyhatton.com)

### Disclaimer

I’m not a doctor, just a nerd who loves meditation and experimenting with new things. I test every binaural beat track on myself and make sure I’m happy with the result before I make it public. Ultimately, every person is going to have their own unique experience. Using these tracks is done at your own risk -- if you start to experience any negative effects, STOP using them!

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[Send me an email](#) to inquire about using these tracks for business purposes.