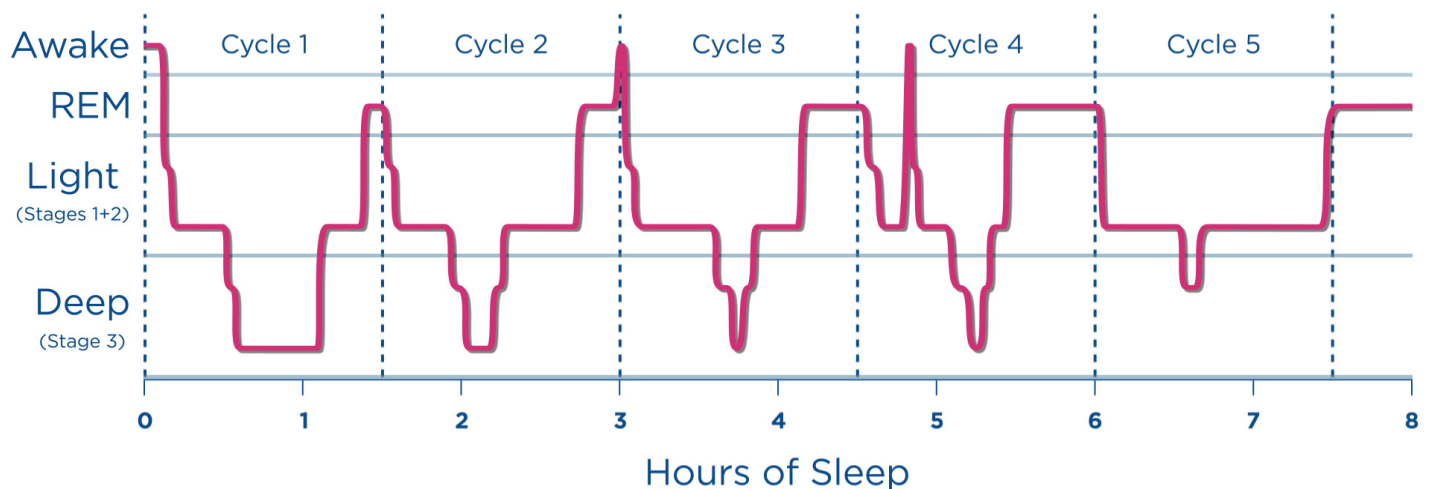# SLEEP 201

USER GUIDE

zZzZzz...

The files of this package will allow you to set your own desired sleep length.

Read this important info before you get started!

Sleep cycles: a brief overview

When you sleep, your brainwaves don't just go from "on" to "off." Instead, they cycle through a repeating pattern of sleep stages...

Typical Sleep Pattern

In the first part of the night your brain prioritizes deep sleep, then the periods of REM start getting longer, with brief wake-ups in between.

What are the stages good for?

In short…

- Stage 1: very light sleep (no real "functions")
- Stage 2: brain begins moving memories into long-term storage
- Stage 3: body repair, growth hormone, toxin removal
- REM (Rapid Eye Movement): dreaming, emotional cleansing

What does this mean to you?

Many people use the 90-minute sleep tracks and just leave them on repeat. THIS IS NOT HOW YOUR BRAIN WORKS!

Each sleep cycle is different, and for optimal health and wellbeing, you need a healthy balance of deep sleep as well as REM sleep.

To see the graphs of all individual sleep cycles, refer to the extra "Sleep 201 - Track Charts" ZIP file.

How to create your own custom sleep track

Using your favorite music player app*, create a playlist of the tracks for your desired sleep length. Note that Cycle W (Wake-Up) is optional.

Example: 8 hours:
Start with Sleep Cycle A, followed by B, then C, D, E, R, and W.

See the next page for a detailed list of combinations.

Not recommended**	OK (but not ideal)**	Recommended	Potentially too long**
3 hours: AF	5.5 hours: ABDG	7 hours: ABCDG	9.5 hours: ABCDERF
3.5 hours: AER	6 hours: ABDF	7.5 hours: ABCDF	10 hours: ABCDFFG
4 hours: ACG	6.5 hours: ABCDR	8 hours: ABCDER	10.5 hours: ABCDFFF
4.5 hours: ACF		8.5 hours: ABCDFG	11 hours: ABCDERFF
5 hours: ABDR		9 hours: ABCDFF	11.5 hours: ABCDFFFG
			12 hours: ABCDFFFF

*Recommended app for best audio performance: VLC

- Android: https://play.google.com/store/apps/details?id=org.videolan.vlc&hl=en
- iOS: https://apps.apple.com/us/app/vlc-for-mobile/id650377962

Please note that sleeping less than 8 hours per night can often leave you feeling deprived of important REM sleep.

Both undersleeping *and* oversleeping increase your risk of heart attack, stroke, depression and anxiety (to mention a few).

Extra Nerdiness

Sleep Cycle "A"
• Transition from Awake to Deep: 13 minutes
• Deep sleep: 48 minutes
• Stage 2: 13 minutes
• Dreaming: 16 minutes

Sleep Cycle "B"
• Transition/Stage 2: 13 minutes
• Deep sleep: 40 minutes
• Stage 2: 13 minutes
• Dreaming: 24 minutes

Sleep Cycle "C"
• Transition/Stage 2: 13 minutes
• Deep sleep: 32 minutes
• Stage 2: 13 minutes
• Dreaming: 32 minutes

Sleep Cycle "D"
• Transition/Stage 2: 13 minutes
• Deep sleep: 24 minutes
• Stage 2: 13 minutes
• Dreaming: 40 minutes

Sleep Cycle "E"
• Transition/Stage 2: 28 minutes
• Deep sleep: 16 minutes
• Stage 2: 28 minutes
• Dreaming: 18 minutes
NOTE: This track is intended to be followed
ONLY by Cycle "R"!

Sleep Cycle "F"
• Transition/Stage 2: 12 minutes
• Deep sleep: 18 minutes
• Stage 2: 12 minutes
• Dreaming: 48 minutes

Sleep Cycle "G"
• Transition/Stage 2: 4 minutes
• Deep sleep: 12 minutes
• Dreaming: 44 minutes

Sleep Cycle "R" (REM)
• Dreaming: 30 minutes
This is not a full "sleep cycle" but is intended
only as a buffer when your custom track needs
more REM sleep.

Sleep Cycle "W" (Wake-Up)
• Transition/Awaken: 10 minutes
This is not a "sleep" cycle obviously. :) It's
intended to help the listener transition from
the REM stage into the alert Beta state.

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, use the Power Nap tracks every day for two weeks to get your brain used to binaural beats.

Additional 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. **Disable any audio filters** on your devices (effect modes, surround enhancers, bass boost, etc.) as they will interfere with proper audio playback.
3. **Keep the volume low.** It should be juuust loud enough to hear the pulsating or "wobbling" sound. Cranking the volume up won't change your state any faster.
4. **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.

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!

Questions, Concerns or Requests

I'm here for you any time! jody@jodyhatton.com
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