

Holosync Sleep Suite II

The Complete Sleep Solution

Instructions & Information

Welcome to Holosync Sleep Suite II, The Complete Sleep Solution!

Your Holosync Sleep Suite II comes with a wealth of tools designed to help improve your sleep!

To ensure that you get the best possible results from your Sleep Suite II materials, please be sure to read the following instructions and information carefully.

There is also an audible version of these instructions available here.

Holosync Sleep Suite II is a powerful collection of Holosync audio tracks, guided meditations, and added tools to improve your sleep. Over two years in the making, vastly expanded, and newly updated, Holosync Sleep Suite II is based on the most recent sleep research and offers a proven, effective, and low-cost way to address a range of sleeping problems - all without prescription medications or supplements.

All soundtracks are mastered in high-quality 320 Kbps mp3 format for exceptional sound quality. Each track can be downloaded and played on virtually any smartphone, laptop, tablet, or other media device capable of playing mp3 files.

Each of the six soundtracks that comes with this suite were carefully engineered for a unique purpose.

The first three soundtracks are based on the original Holosync Sleep Suite collection but have been completely remastered, now including both the original natural environment versions plus new soothing musical versions.

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1) Restful Night (Remastered)

(Approx. 90 Minutes)

Fall Asleep Effortlessly at Bedtime

The core of the Holosync Sleep Suite II collection is **Restful Night**, designed to help you get to sleep and stay asleep through the night. Most sleeping problems are caused by poor sleep cycles - the all-important sequence of brain wave patterns in alpha, theta, and delta states that are necessary for sound sleep. Too much stress or worry, poor “sleep hygiene” like watching TV right before bed, or even too much caffeine or alcohol can wreak havoc on our sleep cycles.



Totally remastered based on the latest research about healthy sleep cycles, **Restful Night** uses Holosync to replicate a natural early sleep cycle and retrain your brain to easily slip back into a pattern of natural, restorative sleep.

If you are among the millions of people who struggle to fall asleep at night, this is your “go-to” audio tool.

By simply listening to **Restful Night** for 90 minutes as you go to sleep (or twice on repeat for up to three hours), you’ll recondition your brain to get into a natural sleep cycle, resulting in the most restful night’s sleep you’ve ever dreamed of. It’s the most effective sleep induction audio track available anywhere.

Instructions For Ideal Listening:

- Use stereo headphones or earbuds (or SleepPhones)
- Listen in bed as you’re ready to sleep
- Listen while reclining or lying down, eyes closed
- Listen at a comfortably low volume level
- Listen for up to three hours (twice through on repeat)
- You can turn off the soundtrack at any time

Note that because **Restful Night** is designed to induce sleep, it’s common for listeners to doze off while listening. But don’t worry if some sessions appear to work better than others. For those with severe difficulty sleeping, it can take several consecutive listening sessions to see results.

Note that this track is intended to be listened to at the beginning of your sleep period. To address sleeplessness in the middle of your sleep period, try listening to **Gentle Return**.

Restful Night Remastered is offered in the classic 3D ocean surf sound and a new soothing musical version.

2) Rejuvenation (Remastered)

(Approx. 25 Minutes)

A Quick & Easy Way to Recharge Your Brain's Energy

Your brain uses 20% of your body's energy. In times of stress or when demands are high on your brain, it uses even more. For many of us, even a "normal day" can leave us feeling brain-weary. When your brain's energy dips, you'll know it. You'll feel mentally foggy, unable to focus, fatigued, maybe even a little irritable or emotionally reactive. This can happen in the middle of our day, right when we need the most brain power.

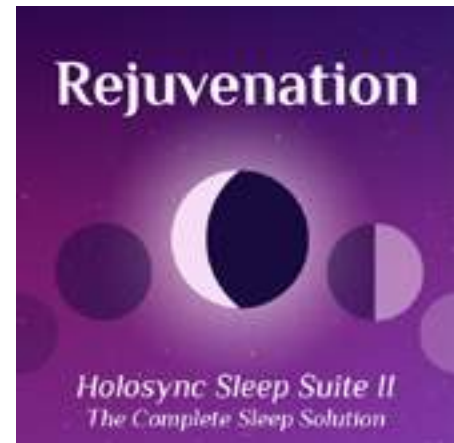
Enter the power nap! The benefits of napping have been well documented to restore focus and memory, and refill your brain's fuel tank to finish off your day clear-headed and on top! Did you know that even a short power nap can improve your memory and focus? And a recent Swiss study found that even just one or two naps per week can reduce your risk of stroke or heart attack. We should all get into the napping habit!

Rejuvenation is the easy way to get the benefits of power napping. This unique soundtrack has been completely remastered and brings your brain wave patterns down to a deeply relaxing theta state, allowing the brain to recharge its stamina and clarity, then returns you back to a clear and re-energized state of consciousness. It's the perfect midday brain break!

Instructions For Ideal Listening:

- Use stereo headphones or earbuds (or SleepPhones)
- Listen midday or anytime you need to recharge
- Listen while reclining or lying down, eyes closed
- Listen at a comfortably low volume level
- Listen once through in a single sitting
- Listen up to three times per day
- You can turn off the soundtrack at any time

Rejuvenation Remastered is offered in the classic 3D ocean surf sound and a new beautiful musical version.



3) Power Up (Remastered)

(Approx. 12 Minutes)

Wake Up, Perk Up, and Energize!

There's nothing like a good hot cup of coffee or tea to wake up and start your day. But too much caffeine can be hard on your heart, and over time it takes more and more of it to get us going.

Like an overused pencil, our brains can feel dull when overworked. What we need is a safe and reliable way to sharpen our brains when we need to be "on."

With **Power Up**, you have a non-addictive audio-based way to sharpen your focus, blow away the mental fog, and be at your best when you need to.

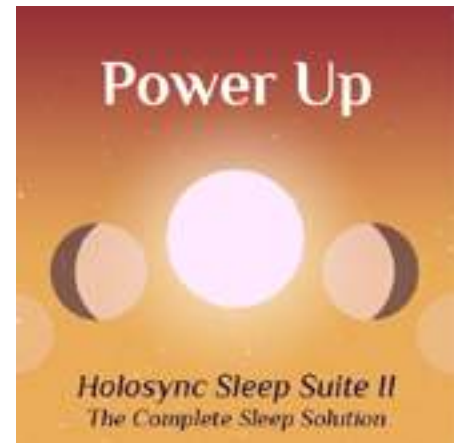
In just 12 minutes, **Power Up** gives your brain a lift into a more wakeful and alert state. It's ideal for mornings when you need to be attentive, responsive, and ready for that big meeting, that tough test at school, or when traveling has left you feeling a little jet-lagged.

Instructions For Ideal Listening:

- Use stereo headphones or earbuds (or SleepPhones)
- Listen in the morning or just before you need to be alert and focused
- Listen while sitting or reclining, eyes open or closed
- This track can be used while reading
- Listen at a comfortably low volume level
- Listen once through in a single sitting
- Listen up to three times per day
- You can turn off the soundtrack at any time

Power Up Remastered is offered in the classic 3D ocean surf sound and an uplifting new musical version.

In addition to the three remastered classic soundtracks, Holosync Sleep Suite II includes three brand-new soundtracks never before offered:



4) Gentle Return

(Approx. 30 Minutes)

Don't Toss & Turn! Get Back to Sleep Quickly With Gentle Return

You know that awful feeling when you find yourself awake in the middle of the night, a hundred thoughts and worries on your mind, unable to get comfortable and back to sleep? Soon the sun is coming up, the birds begin to sing, and you know you're in for a tough day of sleep-starved fatigue. That's secondary insomnia.

Secondary insomnia plagues the majority of people suffering from sleeping problems. It often results from some other condition like health problems, anxiety, depression, or that always-present thief of our sleep and peace of mind: stress.

It strikes in the dead of night, when we're the most vulnerable, often after we've already dozed off. But rather than a long and peaceful rest, secondary insomnia breaks the sleep spell. We find ourselves wide awake at 3 or 4 am, suddenly feeling anxious, nervous, or obsessing about finances, relationships, work, or any number of other problems.

Like a sudden alarm, it can put your brain and body in sudden crisis mode, spiking your adrenaline, inflating your worries, and keeping you up until the sun rises.

With **Gentle Return** you have an antidote to that middle-of-the-night disruption. It will immediately draw your brain waves down from an agitated state into a very deep theta state so you can return to dreamland quickly and easily.

When you wake up with the weight of the world on your shoulders, put **Gentle Return** on, lie back and relax, and within 30 minutes your mind will be cleared of its worries so you can drift back to sleep, worry-free.

Instructions For Ideal Listening:

- Use stereo headphones or earbuds (or SleepPhones)
- Listen when you've woken up too early and need to get back to sleep
- Listen while reclining or lying down, eyes closed
- Listen at a comfortably low volume level
- Listen once through in a single sitting
- You can turn off the soundtrack at any time

Note that it's very common for listeners to fall asleep while listening to **Gentle Return**, but it may take several sessions (over several nights) for your brain to adapt and respond to the session.

Gentle Return is available in the classic 3D ocean surf sound and a calming musical track.

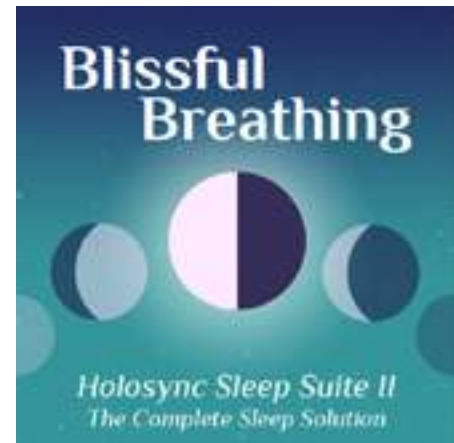


5) Blissful Breathing - Guided Breathing Exercise

(Approx. 20 Minutes)

Learn a Simple & Powerful Technique to Relax Your Mind & Body

One of the most powerful yet often overlooked ways to improve sleep is by regulating your breathing. It turns out there's a specific yogic breathing technique that anyone can learn to quickly and easily trigger your body to relax and your brain to enter in a deep and peaceful slumber.



It's called Ujjayi breathing, or sometimes oceanic breathing. We like to call it **Blissful Breathing**, and it's been shown to ease blood pressure and heart rate, soothe busy minds, and relax your muscles - all helpful for a good night's rest.

In this simple 20 minute guided audio exercise, Centerpointe's breathing and movement master Gregg Hendrix will teach you this almost effortless breathing technique. Once you learn it, you'll wonder how you ever got along without it! It'll help you sleep, but it'll do even more!

Ujjayi breathing can help you manage anxiety and stress, clear your mind before meditating, and comfort a busy and hyperactive mind. It's so simple, even a child can learn it. With **Blissful Breathing**, a sound night's sleep is just a few breaths away.

Instructions For Ideal Listening:

- Simply listen and follow along with the guided exercise
- For full benefit, use stereo headphones or earbuds (or SleepPhones)
- Use in distraction-free environment
- Listen while sitting, reclining or lying down, eyes open or closed
- Listen at a comfortably low volume level

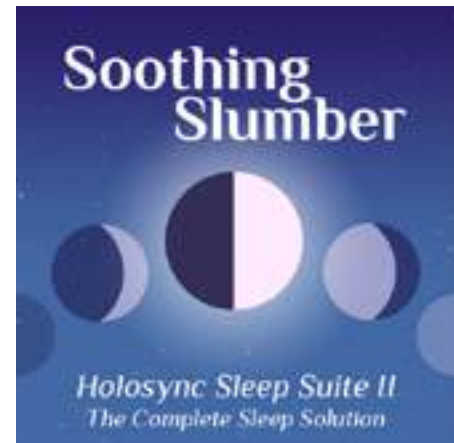
Blissful Breathing is a guided meditation track with Holosync and comes with a calming musical background or natural ocean background.

6) Soothing Slumber - Guided Progressive Relaxation

(Approx. 30 Minutes)

Sit Back, Relax, Drift Off

Soothing Slumber is an incredibly calming soundtrack featuring a 30 minute guided progressive relaxation designed to gently lull you into a relaxed and sleepy state of mind.



Narrative progressive relaxation methods are proven to cleanse your mind of the worries of the day and replace that constant busy internal dialogue with calming verbal imagery to help you let go, relax, and drift into untroubled slumber.

Instructions For Ideal Listening:

- Simply listen to the narration and follow any instructions
- For full benefit, use stereo headphones or earbuds (or SleepPhones)
- Listen before bed or anytime you want to relax and unwind
- Use in distraction-free environment
- Listen while sitting, reclining or lying down, eyes open or closed
- Listen at a comfortably low volume level

Soothing Slumber is a narrated guided visualization track with Holosync and a calming musical background with natural environmental sounds.

As a Special Bonus We've Included the Good Sleep Care Package!

In addition to the six powerful Holosync soundtracks, you also get four bonus tools to help you get the best sleep possible.

7) Good Sleep Tracking Log (Downloadable/Printable PDF)

Good Sleep Tracking Log							
Name: _____		Please fill out for the previous day and night. The information can be an estimate when necessary.					
Before Sleep	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What were your Energy Levels today? (Original, Tired, Normal, Overwhelmed, Stressed)							
What about Emotional Reactivity? (Irritable, Elevated, Normal, Grounded, Balanced)							
Did you exercise today? (Yes, No)							
Did you avoid consuming Caffeine for at least 8 hours before bed? (Yes, No)							
Did you avoid drinking alcohol for at least 3 hours before bed? (Yes, No)							
Did you avoid eating a meal for at least 3 hours before bed? (Yes, No)							
Did you avoid using Nicotine for at least 3 hours before bed? (Yes, No)							
Did you avoid electronic devices (TV, computer, cellphone) for at least 2 hours before bed? (Yes, No, Barely)							
Upon Waking	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
What time did you get to bed?							
How long did it take you to fall asleep? (Hours, Minutes)							
How many times you woke? (None, Minimal)							
How many sleep disturbances? (Yes, No)							
How rested & refreshed do you feel? (Excellent, Sleepy, Fine, Refreshed, Well Rested)							
What were your dreams like? (Peaceful, Gentle, Neutral, Vivid, Strange)							

We're big believers in the adage: **“Measure what you want to improve.”** With this easy-to-use sleep tracker you can do just that. Our printable **Good Sleep Tracking Log** can help you keep track of a range of “sleep metrics” like the time you went to bed, approximate time of falling asleep, perceived depth of sleep, number and intensity of dream activity, and more.

Keeping a sleep tracker will help you discover what’s working (and what isn’t) when it comes to your own unique sleeping protocol.

Print and use as many copies of your **Good Sleep Tracking Log** as you want. It’ll help! You can download your **Good Sleep Tracking Log** here.

8) Special Report: The Ultimate Sleep Guide - Everything You Need to Know About Sleep & How to Get the Best Sleep of Your Life (Downloadable/Printable PDF and MP3)

Getting a good night’s sleep can be a challenge, but it isn’t rocket science. There are things you can do - simple things - to improve your sleep and therefore your life.

They say knowledge is power and this info will empower you to improve your sleep in a variety of ways. With this unique special report you can discover:

- Why your phone might be robbing you of your rest
- Why “Sleep Debt” is not a bill you can afford to pay
- Why room temperature can make or break your sleep

....and more!



This special report is offered exclusively to Holosync Sleep Suite II purchasers. We've also included an audible version of the report. Click here to read **The Ultimate Sleep Guide**, or here for the audible version.

9) Blue Blocker Glasses

We've heard it over and over: Turn off the TV two hours before sleep! Don't use your Kindle to read at night! And don't even think of looking at your tablet or phone before bed!

Why do sleep researchers so adamantly warn us about this and insist on these restrictions? There's actually a very good reason.

It's because all these light sources are heavily laden with blue light, and blue light keeps your brain active and alert.

It's not about the perceived color, mind you, it's about the wavelengths. TV, computer, and phone screens emit a ton of blue light. Blue light blocks your brain from making melatonin, a hormone crucial to deep sleep cycles. And it cues your brain to remain awake and to do pretty much everything except slip into a restful sleep.

But here's the thing: at Centerpointe we're realists. So we know that very few people can abide by these guidelines. Eight out of ten people watch TV or check their phones before bed. If you're like us you simply can't or won't avoid screens two hours before bed. It's just not realistic for most people.

So what to do?



Well, the next best thing to screen abstinence is to limit your exposure to that incessant, sleep-busting blue light. That's why we've included a complimentary pair of **Blue Blocker Glasses** with Holosync Sleep Suite II.

Just slip them on at night (or even during the day as you're at your computer screen) and even if you can't resist checking your phone one last time, or watching a little late night TV, your glasses will filter out that blue

light and ensure a deep, serene, tranquil sleep.

(Your **Blue Blocker Glasses** will be shipped to you at no additional charge and will arrive approximately one to two weeks after your purchase)

10) Deluxe Sleep Mask

Sleep researchers have proven that light pollution is a major cause of sleep disruption. It might not seem like it but even the dim light of your alarm clock, the weak light that filters through your windows from a street light, or that darned porch light shining through your blinds from your neighbor's house can keep you from getting deep, restorative sleep.



That's why The Good Sleep Care Package includes a comfortable, machine-washable, **Deluxe Sleep Mask** you can slip on to seal-out disruptive light from any source.

Sleep masks are a simple fix for light pollution and an absolute must for anyone dealing with sleeping issues. Ideal for nighttime, but also daytime nappers, night-shift workers, or travelers who need their sleep even when the sun is up.

This **Deluxe Sleep Mask** is super soft, easy to adjust, and won't put pressure on your nose or eyelids.

(Your **Deluxe Sleep Mask** will be shipped to you at no additional charge and will arrive approximately one to two weeks after your purchase).

Some Things to Remember About Holosync Sessions:

- **Always use stereo headphones or earbuds.** Holosync uses a pair of modulating discreet audio tones in each ear which requires stereo separation to produce the desired effects.
- While Holosync is considered totally safe, check with your doctor or therapist if you're dealing with any neurological or other medical conditions that make your nervous system unusually sensitive to sound stimulus.
- Holosync Sleep Suite II is not intended as a treatment for severe sleeping problems or as a replacement for professional medical or mental health assistance. If you're coping with such conditions we urge you to consult with a doctor or therapist.
- You do not need highly expensive audio gear to listen (although higher quality audio gear will usually sound better). Any standard stereo earbuds or headphones will work. The soundtracks can be played on any media device or smartphone that supports the mp3 format .

(Centerpointe recommends using SleepPhones; soft sleep-friendly earphones ideal for listening to your Holosync Sleep Suite II soundtracks. Visit [\[link\]](#) for details or call 503-672-7117).

- All tracks are mastered in high bitrate (320kbps) mp3 format to ensure superb audio quality and effectiveness.
- Never listen to Holosync soundtracks while driving or riding a bicycle or while doing any other activity that requires your full attention.
- When listening with headphones or earbuds outdoors or near street traffic use caution and be aware of your surroundings at all times.
- Note that not every listening session will yield the same effect. Be prepared for some listening sessions to feel “deeper” or more eventful than others. Never worry about having a “wrong” experience. Your nervous system will provide whatever response to the listening session it needs to at the time, and this can vary a lot between listening sessions.

Frequently Asked Questions:

Q) “I have the original Holosync Sleep Suite. Does Holosync Sleep Suite II replace them?”

- A) Holosync Sleep Suite II includes fully remastered versions of the original three Holosync Sleep Suite soundtracks. While the function of each of the three original tracks is the same, each track was recreated “from the ground up” to align with more recent research regarding sleep cycles and other aspects of brain activity where sleep is concerned.

You’re welcome to listen to the original Sleep Suite tracks if you wish but will likely see enhanced results from using the new ones (plus the three brand new tracks exclusive to Holosync Sleep Suite II).

Q) “I hear a slight hum or buzz on my soundtracks”

- A) That’s okay. What you’re hearing is Holosync. While you don’t need to hear it for it to be effective, some listeners do detect the presence of Holosync from time to time. Whether or not you hear it depends on many factors (your audio equipment, your hearing, what soundtrack you’re listening to, how loudly you’re listening, etc).

Q) “Are my headphones or earbuds good enough?”

- A) While some Holosync soundtracks use carrier frequencies low enough to necessitate headphones with a wide frequency response range, this is not an issue with your **Holosync Sleep Suite II** soundtracks. We recommend using the best possible audio gear you can, but any model or style of stereo headphones or earbuds will work.

Q) “Which track should I listen to first?”

- A) Each soundtrack included with your **Holosync Sleep Suite II** package has a different purpose. Read the description for each of the soundtracks to determine which one(s) you should listen to for your specific sleep needs.

Q) “Should I listen to the musical versions or the environmental versions?”

- A) This is entirely a matter of personal preference. Some people find the environmental version works best as a kind of ambient white or pink noise background, while others respond better to the musical tracks. Experiment with both versions to find which one works best for you.

Q) “How long should I listen to the tracks?”

- A) That’s entirely up to you. Consistent listening yields the best results over time, but find what works best with your schedule. Refer to the individual soundtrack instructions for more information.

Q) “What’s the best way to download the soundtracks?”

- A) We suggest downloading all of the soundtracks onto your phone or other device. We recommend keeping your soundtracks in a specified folder or creating a playlist to make finding your tracks quick and easy. If you need any assistance, please reach out to our Support Team.

Q) “Will the soundtracks work better at a louder volume?”

- A) No. Listening at loud volume levels is not recommended, could damage your hearing, and will not improve the effects of the soundtracks. We recommend listening at a comfortably low volume.

Q) “Why don’t I fall asleep every time I listen to Restful Night?”

- A) Restful Night is designed to induce sleep by replicating a natural sleep cycle of brain wave activity. If you have trouble falling asleep, it can take some time before your brain begins to respond to the stimulus on Restful Night. Some listeners will respond immediately to the soundtrack while others may require five to ten sessions to begin to see improvements in their sleep. Consistent use will yield the best results.

Q) “Are these soundtracks addictive? Will I become dependent on them?”

- A) While many listeners experience pleasurable sensations due to the release of various neurochemicals during their listening sessions, Holosync is completely non-addictive and will not result in any kind of dependency.

Q) “I’m also doing the Holosync Solution™ program. Can I do both?”

- A) Certainly. The **Holosync Sleep Suite II** soundtracks are completely compatible with your Holosync Solution tracks or any other Holosync products.

If you have other questions or comments, feel free to contact our **Accelerated Results Coaches**. Our telephone support line is open from 9:00am - 4:30pm Monday - Friday, Pacific. **503-672-7117**.
Or you can email support@centerpointe.com.

Holosync Sleep Suite II Disclaimer:

All information, instructions, audio, or other media included with this product is intended for therapeutic support and educational purposes only. While all soundtracks included in this collection are considered safe, users who are under a doctor's or therapist's supervision are advised to consult with their medical/mental health professional before using these soundtracks.

This product is not offered as a substitute for professional medical or mental health care. The content and information provided with this program are not intended to diagnose, treat, or cure any physical or mental condition or illness, or to replace the advice and recommendations from your medical or mental health professional.

Customers understand and agree to use the program content presented as is, and to hold harmless the provider of this program material - Centerpointe Research Institute - in the unlikely event of an undesired effect or discomfort as a result of its use.

For any questions or issues, contact the Centerpointe Support Team:
support@centerpointe.com - 503-672-7117