



## **Are These 7 Mistakes Killing Your Sleep?**

**How you can finally wave insomnia goodnight  
*without* resorting to sleeping pills... even if you've suffered from  
sleep problems for longer than you care to remember**

<http://www.SleepTracks.com>

A Special Report by  
Yan Muckle

@ copyright 2008 SleepTracks.com and Facteur Y, all rights reserved worldwide  
<http://www.sleeptracks.com>

# Table of content

\*\*\* TAKE THE QUIZ FIRST! \*\*\*

An intriguing insomnia challenge...

What to do when your brain just won't slow down on its own

Are you doomed to poor sleep?

Are you afraid of insomnia?

SPECIAL CASE STUDY

Are you worrying your nights away?

What athletes have that you don't

Tired... tired... so tired...

The bedroom: sleep or sex ONLY!

Are you spending too much time in bed?

What to do when you're still awake

Are you living in a cave?

The fastest way to peaceful sleep is...

Endorsements from health professionals

Customers Success Stories

Frequently Asked Questions

About the author

## **Give this report away! (and copyright reminders)**

**You have full authorization to share this report with all your sleep-challenged friends. Feel free to print it, email it, or distribute it on your website, blog or email newsletter.**

**The more people who get access to this information, the better (if you've suffered from insomnia for decades and/or if you've fell under the spell of sleeping pills, you won't need much convincing).**

**Keep in mind, though, that this document is fully copyrighted. So you CANNOT sell it, truncate it or modify it in any way, nor can you remove attribution.**

**Help me help more people and pass this along!**

## **Disclaimer**

The author is not a medical practitioner and never even played one on TV. This document is the fruit of his personal research and experiences and is shared with you for instructional purposes exclusively. These materials are not meant to diagnose, treat or prevent any disease, and are no substitute to medical advice. You should consult your physician and follow his advice.

Keep in mind that the sleep-restoring techniques offered in this program are intended for use only by people who suffer from chronic benign, or organic, insomnia. In other words, conditions that do not necessitate any form of medical or psychiatric treatment.

To be clear, let us state that in no case will SleepTracks.com, or Yan Muckle, or other distributors be liable for chance, accidental, special, direct or indirect damages resulting from use, misuse or defect of its products, instructions or documentation.

That being said, be solemnly warned that acting on the ideas laid forth in these pages might cause you to experience a gradual but unmistakable increase in your overall sense of well-being...

# TAKE THE QUIZ FIRST!

Before you start reading about the 7 mistakes most insomniacs make, take a few moments to discover to what extent you're making them yourself...

Why is that important? Because if you don't know what stands between you and a good night's sleep, there's not much you can do about it... except falling prey to the glittering promises of sleeping pills manufacturers.

In just 2 minutes you'll have a clearer picture of what you need to be cautious about, and what you can do to restore your natural ability to sleep. In many cases, just knowing that you've been making some of those mistakes will enable you to stop making them... so go ahead, do that now:

**[\\*\\* CLICK HERE TO TAKE THE ONLINE QUIZ \(IT'S FREE\) \\*\\*](#)**



# An intriguing insomnia challenge ...

Let's pretend you're SO tired of sleeping poorly that you end up at a sleep clinic.

After probing you about your sleep habits, the researcher asks if you'd agree to participate in a study.

"You could even win some money", he adds nonchalantly...

"I don't know... I have nothing to lose", you say. "But what do you mean?"

"We're organizing a contest", he says. "We want to know who among the participants can fall asleep the fastest. You'll have one week to try... and if you win, you'll go back home with \$500."

The fastest to fall asleep? Your problem is precisely that on most nights it takes you ages to fall asleep — or if by some miracle you do fall asleep you wake up after just a couple hours — so it's fairly unlikely that you could ever win that contest...

Yet the money would sure be nice, and you start to think about how you could go about it... If the other contestants are insomniacs also, maybe you stand a chance after all...

Maybe you could even find what has eluded you for years... sleep itself.

## **So... What would you DO to make sure you fall asleep faster than the other participants?**

Here's the troubling truth: whatever you'd do, you'd fail.

Am I saying there's no way to fall asleep faster? No...

I'm saying that if you try to fall asleep, you'll stay awake longer. Simple as that. You just won't win the prize.

This is what the researchers who led this (true) study discovered. They told a group of people that they would win a prize if they were the first to fall asleep. Another "control" group was told nothing and simply went to bed...

What happened?

Those that were told they would win a prize... took 3 times longer to doze off than the control group —

## **Simply because they wanted so much to fall asleep!**

You most probably already noticed for yourself that the harder you try to fall asleep, the longer it takes you. Why? Because falling asleep is not an action, it's not something you DO.

It's something that happens to you. And it happens only as a consequence of letting go... letting go of the

day, letting go of the worries, even letting go of wanting to sleep or not.

And you can't let go if you try to stay in control.

If you try, you DO, you tense up, your brain stay in high gear and, consequently... you stay awake.

Yet you keep doing it, isn't it? You keep trying to subtly push yourself into dreamland, even if you somewhat already know that it doesn't work.

I know that I made that mistake for years, even while trying my best NOT to.

"So what am I to do?" you may ask. "I feel this pressure of trying to fall asleep every time I'm lying on my bed and I can't seem to escape it... Do I have to just give up and resign myself to stay awake for hours every night?"

No, you don't. We'll see what to do on the next page.

# What to do when your brain just won't slow down on its own

"So what am I to do?" you asked.

"Do I have to just give up and resign myself to stay awake for hours every night?"

No, you don't.

It's tricky but actually pretty simple:

1. Realize that you've conditioned yourself to subtly but systematically try to fall asleep every time you go to bed, every time you wake up during the night. And by making this mistake (along with the 6 other mistakes)... you've essentially conditioned yourself to stay awake.
2. Take off of your mind the idea that "I have to fall asleep" — remember, it will take you on average 3 X longer if you dwell on this kind of thought.  
Your brain will fall asleep on its own, without you having to do anything, if you just allow it to slow down all by itself —

— think about those times during the day when you find yourself incredibly sleepy (at the wrong time, of course: at the office, behind the wheel, while someone talks to you)... When you find it hard to concentrate, when your eyes want to shut down, when you just want to lie on the floor and forget about everything...

What's happening on those times is that your brain's activity is sloooooowing down. Your body temperature is dropping. Trying to remain awake is extremely hard — which shows you once again how little control you have over your waking and sleeping states, and proves to you that...

## The brain falls asleep when it's ready to sleep, NOT when you've decided you wanted to sleep!

"But my brain DOESN'T slow down all by itself! It just keeps on spinning!"

I hear you. And it's true that you need to gently nudge your brain out of high gear and into low gear.

The trick is to gently nudge your brain into slowing down WITHOUT focusing on falling asleep...

... By putting your mind instead on something boring, uninteresting, or at least not stimulating. Here are a couple suggestions:

- focus on your breath — just paying attention to your inhale and exhale;
- focus on the space between your thoughts — instead of following each and every thought that occur to you, put your attention instead on the empty space between one thought and the next one... and watch this empty space gets wider and wider;
- relax the different parts of your body;
- imagine yourself relaxing in a warm and beautiful setting — lying on a beach, for example, and looking

at the sea, at the clouds, at the sky;

- listen to a brainwave entrainment session — my preferred method.

I don't have the room here to explain what brainwave entrainment is, and how it can help you safely get rid of your insomnia once and for all, but for now let me just sum up why I like it so much for this particular task:

1. it's easy because you remain passive, there's nothing special to do (so you don't feel like you need to stay in control);
2. it mechanically slows down your brainwaves and gently let your mind enter a sleeping state;
3. it's safe and health-promoting;
4. it's simple, no training or effort is necessary;
5. it's fast;
6. it "trains" your brain to slow down on its own in the future.

# Are you doomed to poor sleep?

The second mistake is so widespread that I'm 99% convinced you're making it... So let me ask you:

Have you had insomnia for such a long time that you now consider it as being a part of who you are — so you think of yourself as an “insomniac”, and you say things like “I'm an insomniac”, “I just can't sleep”, “It's just the way I am, I take ages to fall asleep”, and so on?

Here. You're making it. The second mistake that keeps you awake:

You're convinced that you're doomed to sleeping poorly (after all, that's what experience has taught you, no?) because it's “who you are”, because you're somehow flawed...

I don't blame you — it's almost unavoidable to start thinking like this. Even after just a few nights of sleeplessness we start to wonder anxiously if we'll ever sleep normally ever again. So no wonder you feel like a die-hard insomniac if you've been having problems for 2, 5, 10 or even 30 years!

I know I did. I used to say: “Me? I always take a long time to fall asleep”

And why is that a problem? Isn't it just being “realistic”?

No. The problem is that...

## **If you're convinced you're doomed to sleeping poorly... You'll keep sleeping poorly!**

I'm not exaggerating here. When sleep is concerned, the mind is king. And the belief that you're doomed to poor sleep and sluggishness leads to helplessness, anxiety, depression and... insomnia.

I've talked with hundreds of people since starting this site (and received thousands of emails), and again and again I've seen this belief rise its hugely head.

Sure, you could be stricken with an incurable chronic disease that as a side-effect dooms you to insomnia for the foreseeable future... but this is the rare exception. For 95% + of folks, here's the truth:

## **You were not born with insomnia, there's no reason you should live with it**

You didn't have insomnia when you were 2 years old, neither when you were 9 years old, didn't you? It sneaked in much later in life, due to stress, an illness, and/or the cultivation of several sleep-destroyer habits. And in fact—

—insomnia is not a disease... It's simply a sign that you've momentarily lost balance (even if that “moment” lasts for more than 15 years).

It's VERY important that you understand this, and that you start to see that it's indeed possible for YOU to recover that balance and regain sound sleep.

On the next page, we'll talk about the nasty effects of fearing insomnia... and why you shouldn't. Keep reading...

# Are you afraid of insomnia?

This mistake generates a LOT of anxiety among insomnia sufferers... and is probably the single biggest reason why so many people fall for sleeping pills.

That mistake is simply to fear insomnia.

See, we all have to a certain degree the deeply rooted fear of the bad things that might happen to us if we don't sleep enough. But you know what?

Nothing that bad will happen!

What will happen is that you'll feel tired and sleep-deprived, and that's about it.

Don't believe me? Consider this:

A 2002 study conducted on over 1.1 million men and women found the highest survival rate among those who sleep six to seven hours a night. It found that people who sleep 9 or 10 hours per night had a risk of dying similar to those who are "moderately obese". I'm serious.

Here is what the author of the study, Dr. Daniel Kripke, said to CNN:

"This is a happy message for five, six, seven hours sleepers and insomniacs that there's nothing to worry about."

## Slept badly? So what?

So... the next time you have a bad night, you can start to help yourself by saying "So what?"

Stop entertaining the belief that everything unfortunate that will happen to you that day will be the result of your insomnia. It isn't. Even if you don't sleep at all... even if you don't feel at your best... you won't get sick. You won't die.

Yes, I know that being sleep-deprived makes us feel lousy, depressed, that the future looks bleak, our hands may tremble, our thinking gets muddled, our ability to take a decision takes a toll, etc, etc. I've been there too, just like you. And I know it can ultimately endanger our sanity, our work, our relationships...

... But only if you do nothing for a very long time!

I'm just trying to convince you here that not sleeping well tonight is not that big of a deal. I say that to help you breathe easier and calm that anxiety down a bit.

Because anxiety caused by the fear of not sleeping will keep you awake more surely than ten cups of coffee — but you know that already...

Here's another story:

In 1980, Robert McDonald, from California, broke a record by staying awake...

## **453 hours in a row!**

That's almost 19 days. And apart from obvious drowsiness, he suffered no ill consequence from staying awake that long. He didn't even get sick.

So tonight, if you start to think "will I sleep badly again?", then just say to yourself "So what?" This simple act will help you relax and de-dramatize the whole thing... which will be a good step in the right direction.

Then put on your earphones and start listening to one of the Sleep Tracks, if you have them. Just act as if you didn't care about the results. It will help tremendously.

See what a retired M.D. from New Orleans experienced after having been hooked on Ambien for 5 years (as taken from SleepTracks' blog):

## Special case study:

# This retired M.D. from New Orleans broke his 5-year addiction to Ambien, and now sleeps peacefully...

Laney is a retired physician from New Orleans. He was in pretty bad shape from lack of sleep and sleep meds consumption. I'm sure you can imagine that easily: the classic chronic insomniac who's completely lost trust in his own ability to sleep...

I first heard about him when his assistant contacted me. She told me her boss was so pleased with his results from using the tracks that he wanted to get several copies for his friends.

## I was intrigued to hear what a medical doctor would have to say about my humble insomnia solution...

... So I tried to reach him... You'd think that being an M.D. would give him the upper-hand when dealing with his own sleep problems... That he would know what to do if he can't fall asleep, or if he wakes up repeatedly in the middle of the night. After all, he's the expert on insomnia treatment...

Right?

Well, I know from experience -- and from receiving comments from hundreds of people -- that this is just not true. MDs receive VERY little education about sleep and insomnia during their training... and they get their info about sleeping pills from the marketing reps of the major pharmaceutical companies.

The fact is that doctors struggle with their sleep as much as you and I... and the only "solution" they have in their arsenal when they can't sleep, is to pop a pill.

Anyway... I couldn't get hold of Laney when I tried. Now that he's sleeping normally and enjoying the kind of energy that comes with it, he's apparently very busy taking trips here and there, skiing, and just plain enjoying -- at last -- his retirement.

And now, 2 months later, out of the blue, comes an email...

"I still owe you a testimonial. My background as an M.D. gives me a lot of facts and insight into my own sleep problems...

I had been taking prescription sleep medications [Ambien] for over 5 years. It stopped working and I simply took more. Still did not work. Nights were very difficult — medication put me to sleep but I would wake up after 2-3 hours with a strong sympathetic response (fast pulse, pounding heartbeat, wide awake alert). It was a very difficult cycle to break. I was really in bad shape due to lack of sleep.

But now it is Sleep Tracks into the ear buds all night. And I no longer have to depend on anything synthetic to

sleep.

Laney Chouest, retired physician, New Orleans”

A few comments:

—> He didn't openly admit it, but he was probably skeptical when he gave the Program a try — I don't blame him, that's inevitable when you've been trying just about everything under the sun without results, and when long-standing sleep deprivation makes you think you're doomed to this kind of half-life forever.

—> Having "a lot of facts and insight" about his sleep problems was not enough to allow him to get out of the insomnia vicious circle. For 5 long years, Laney tried to force himself to sleep with a pill, Ambien. You can't even imagine the number of people who tell me their sleep and health has been ruined by this particular medication. Sadly, it's also the most frequently prescribed...

—> When he says that medication put him to sleep, that is NOT necessarily the case. Studies have shown that benzodiazepines distort your perception of time... So you think you went to sleep faster.

—> The track Laney is referring to is the “Whole Night” track. He put it on loop on his CD player.

... But maybe you don't know what the Program does and how it helped Laney restore his sleep naturally and get rid of his pills... Maybe you don't even know that I suffered from insomnia for a long time also, which is what led me to develop this site, so...

## **I made a little video that explains it**

It's low-tech, not really fancy (and you'll get to hear my funny French accent), but it summarizes what the Program is and how you can sleep deeply and peacefully like Laney does today.

It's just a couple minutes long, and you won't need to be an M.D. to understand it...

[Click here to watch the video...](#)

# Are you worrying your nights away?

Even if you don't suffer from clinical depression, you can easily worry your sleep away, and spend most of the night being all worked up over some huge problem that'll appear not so huge the next morning.

You did it. I did it. We all do it. Immobility and darkness are fertile grounds for the mind to run amok.

If you have trouble falling asleep, or if you wake up during the night just to watch the merry-go-round start all over again, the "worry habit" is high on the list of suspects.

Yes, anxiety and chronic worrying are mental habits. Deeply ingrained mental habits I should say. And they do destroy your sleep.

But they're just that: habits. Conditioned responses. As you were not born an insomniac, you were not born a worrier.

And here's the good news:

## **Mental habits can be changed!**

You can have a grip on them.

"A grip?" you say. "The last thing I can do at night is succeed in making those worries go away. No matter how hard I try, the thoughts keep coming back again and again. They haunt me and leave me exhausted."

Well, that's true. You can't force yourself to a calm state of mind. You can't force yourself into not-thinking. Just like "trying to sleep", trying to "not think" doesn't work. You have to go at it in an indirect way.

Right now the simple act of getting into your bed and shutting off the light is linked in your mind with "now's the time to start thinking things through and prepare for what will probably go wrong in x and x situation."

You have to remove that mental association and replace it with the automatic habit of "slipping effortlessly into sleep as soon as I lay down in the dark".

How do you do that? Start by understanding what is going on in your brain when you're worrying.

Allow yourself to notice that your thoughts always dwell on the future or the past, never the present moment... Because...

## **Worrying and anxiety are forms taken by the emotion of FEAR**

Fear that what happened in the past will result in more problems for you in the future.

Fear that what will happen in the future will cause you to suffer even more, and fear that you won't be able to cope.

But notice this: fear is NEVER in the present. In the present moment you're simply lying on your bed, enjoying a well-deserved rest. You're breathing and doing nothing, which is just fine.

But since your mind keeps dwelling on what might happen, it maintains itself in a very aroused, active state — the same kind of state you maintain yourself in when you're facing a danger. Your brainwaves go into high gear, your senses are in alert, your thoughts race... and sleep is **IMPOSSIBLE**.

So there's just ONE thing you need to do to get out of the fear-based thinking that generates all that worrying and anxiety, and shift to a mindstate more conducive to sleep... And that is:

Come back to the present moment. Let your mind slow down.

Easier said than done, eh? I've been there too. Keep reading...

Since you've conditioned yourself to dwell on the past and on the future each and every time you're lying on that bed, you need some "prop" to help you disconnect and come back to the present moment.

What kinds of props can assist you? Just about the same ones I wrote about when dealing with the "trying to sleep" issue:

- focus on your breath;
- focus on the space between your thoughts — instead of following each and every thought that occur to you, put your attention instead on the empty space between one thought and the next one... and watch this empty space gets wider and wider;
- relax the different parts of your body;
- imagine yourself relaxing in a warm and beautiful setting — lying on a beach, for example, and looking at the sea, at the clouds, at the sky, and let your mind wander;
- use the *Insomnia Buster* track in the evening: even if its purpose is not to put you to sleep, most people find it very very relaxing, and tell me it makes them relax and drop out of thinking about the past or the future (and very often they DO fall asleep);
- use the *Fall Asleep* track when you're ready to go to bed, and focus on the pulses.

Don't try to sleep! Focus instead your attention on the pulses and notice how they're gradually slowing down. Allow your mind to wander, allow your body to feel progressively more and more relaxed...

If you find yourself obsessing over a thought, notice that it deals with the past or the future... And just come back to the present by listening to the pulses.

Keeping your attention on something as dull as the pulses will prove increasingly difficult, especially since they will help your brain "downshift" and leave the realm of fast beta thought-inducing brainwaves to go into a progressively calmer and calmer state of mind.

It works like magic. Try it, and see how soon you drift away – well, you won't really "see yourself" drift away, you'll just wake up the next morning wondering what happened :)

# What athletes have that you don't (and how this may lead you to insomnia)

There is something that athletes have that you don't — and today I want to tell you how to get plenty of it without moving from your chair. It's a very little-known fact that has important consequences for people like you and me.

Before getting into the meat of today's lesson, let's review some of the most common reasons you might still be stuck with a sleep problem... or plagued by a very low energy level due to poor sleep.

## Why You Still Have a Sleep Problem

1. Daily stress, worries and anxieties generated by modern life and bad lifestyle choices constantly undermine your sleep.
2. Sleep is more complex than it looks. Several key factors must work in unison, or the resulting sleep will be shallow or disrupted.
3. For that same reason, there's no one-size-fits-all solution. Be wary of those who tell you the contrary.
4. If you've been having difficulty for a long time, you're probably associating now your bedroom with "being wide awake" — even if you're not aware of it.
5. Forcing yourself to sleep doesn't work, even if you try and try and try (but boy is it hard to stop doing it!).
6. Alcohol doesn't work. On the contrary, using booze as a way to "ease your way" into the night robs you of the deep sleep you desperately need — even when you're under the impression that you "slept like a log".
7. Having a super-duper pillow and a whizomatic bed is not enough. Would be nice if it was that simple though... (but, yes, of course it helps)
8. Most sleep and relaxation CDs don't work. Sure, the worst that can happen is that you waste your money. But relaxing sounds and sprinkled suggestions have very little power in changing how your brain reacts when you lie down to go to sleep.
9. Sleeping pills don't work. Sleeping pills are dangerous and don't cure insomnia... because they don't treat the causes of it.  
If you're not convinced, view this [4-minute video](#).

I could elaborate a lot more on each of those 10 points (and I do so in the [Optimal Sleep course](#) that is part of the SleepTracks package), but we already have a lot to cover today...

Instead, let's talk about this thing that athletes have but that most insomniacs don't... because it's probably one of the most important (and neglected) reasons why people end up saying "I'm an insomniac and there's nothing I can do about it".

## Two Ways to Get More of "It" and Sleep Like a Baby

There is a specific kind of brain activity that is called by scientists "sensory motor rhythm", or SMR. While athletes and physically active people's brain generate a lot of SMR activity, the brain of insomniacs (and of

people who suffer from ADHD) show very little of it...

See, your brain is generating electrical activity all the time, producing what we call “brainwaves” at different frequencies. Different “frequencies” are associated with different mental states. For example, when you’re into deep sleep, activity in your brain is totally different than when you’re crunching numbers...

The brainwave range called “SMR” appears to be involved in the control of arousal states, energy levels, and also of inhibiting movement during sleep. (I say “appears” because the brain is complex and its functioning is still partly mysterious.)

And here’s what studies have shown that should interest you:

- Athletes and physically active people generate a lot of SMR activity;
- Most insomniacs have a very low amount of SMR activity during the day. Same thing with people who suffer from depression or ADHD.

If your brain is used to generate very little SMR and you raise that level, your sleep will improve. You’ll fall asleep faster, you’ll sleep deeper and you’ll benefit more from the full restorative powers of truly sound sleep. You’ll also have more energy during the day!

How to raise that level? Two ways:

1. Exercise regularly. Move that body! You don’t have to spend 2 hours in the gym. Taking a brisk 30-minute walk in the morning will do the trick.  
There is a paradoxical truth here: to stop feeling so tired, you need to tire your body more (but I’ll talk about that on another day).
2. Listen to the [Insomnia Buster](#) Track anytime during the day. It will naturally and easily increase SMR brain activity and condition your brain to sink into deep sleep at night.

Brainwave entrainment is like educating your brain. Once it has learned to follow new pathways, you don’t have to keep telling him again and again. This track has a long-term effect on your sleep and your overall energy level.

“So”, you ask, “is it that simple? Just raise the level of SMR activity in my brain and I won’t suffer from insomnia?”

No, I’m not saying that.

There are other factors that can negatively impact your sleep or drain you. I talk about them in the [Optimal Sleep](#).

And if you’re very tensed and anxious, you’ll probably respond better to “theta training” as provided by the [Fall Asleep](#) track than to the “Insomnia Buster”.

(By the way, that’s why I included several tracks in the package. I could have offered a single track and tout it as the be-all end-all solution to insomnia — but this apparent simplicity wouldn’t have been to your benefit.)

# Tired, tired... So tired...

I bet you're falling into that trap. I bet you're telling yourself:

"I feel so tired, I'll take it easy today. Where is my chair?"

Everybody has this kind of thought, it's normal. You feel tired so you don't want to spend more energy than you need to.

You want to recuperate, to get some rest, to gather your energy.

But the problem is the following...

## To have energy, you first need to SPEND some!

Why is that? Partly because of the body temperature cycle (one of the 4 critical cycles that control whether you feel sleepy or awake).

Your body temperature is higher during the day than it is at night.

When that temperature starts to rise at dawn, people who have a healthy sleep system start to awaken. When the temperature goes down at night, they yawn and long for rest.

Most insomniacs though have a body temperature cycle that is way too flat. Their temperature doesn't rise enough during the day, resulting in sluggishness... And doesn't fall enough when night comes, resulting in restless, fragmented sleep.

Does that ring a bell? Yes?

When you move your body vigorously, your body temperature is pushed higher. Your whole body-mind gets aroused... and consequently you feel more alert, more alive, more energetic. And...

## You also sleep better!

... Not just because you spent energy and your body needs to recuperate... But also because you increased the amplitude of your body temperature cycle wave.

Since exercising made it go higher, it will make it go lower when night comes. Like a pendulum: the more it sways on one side, the further it'll go on the other side.

Exercising will also stimulate the sensory-motor rhythm ( SMR) brainwave range we talked about earlier, which will help you further reduce the grip insomnia has on you.

Bottom line: if you want to stop being so tired, you first need to tire yourself. So if you're stuck in the "I'm-so-tired-I-have-to-take-it-easy" vicious circle, get out of it by starting to move your body on a regular basis NOW. Just start gently and increase progressively.

# The Bedroom: Sleep or Sex ONLY!

Months or years of sleeping badly made you associate your bedroom with being awake and with frustration. We need to change that.

The more cozy and harmonious your bedroom is, the more relaxed you'll feel. Here is the most important tip: make sure your bedroom really becomes a SLEEPING ROOM. And that means...

Sleep or sex only!

Yes, that means use your sleep room only for sleep or for making love. Nothing else!

No reading, no tv watching, no arguing, no problem solving, no eating, no working, no phone calling... All these activities are telling your conscious brain to engage, to act, to be awake. That's not what you want.

You want the act of lying in your bed to be a cue to fall asleep fast, or make love. For all the rest, use the other rooms in your house.

I'm deadly serious here.

Ok, before I let you go today I want to give you...

## 6 additional tips on how to fall asleep fast

### 1- Silence

You might be sensitive to noises around you and outside of the bedroom.

Reduce them if you can... or try the [Whole Night Track](#). The dull sound of it will filter out unwanted noises and you'll be more likely to just forget about them.

### 2- Darkness

Your sleeping room should also be as dark as possible. Light would shut off melatonin production and tell your body that it's time to wake up. If you can't create a truly dark environment for you to sleep in, purchase an eye mask, the kind people wear in airplanes.

### 3- Good mattress, big bed

Invest in a quality mattress, your body will thank you for it and you'll experience deeper sleep. If you sleep with someone who's moving a lot during the night in a disturbing way, get a wider bed so you won't be awakened by the other person's own sleep problem.

### 4- Lie down and immediately start the Fall Asleep Track

Since all daytime activities are now prohibited in your sleeping room, and since it's dark, cool, calm, and comfortable, the only thing you can do there is sleep. Press the play button and let yourself be carried away by the [Fall Asleep Track](#).

After a while you won't need it anymore. The mere act of lying in your bed will make you irresistibly asleep. And when you reach that state, sleep problems will be a thing of the past.

5- Adopt your favorite position and relax your jaw

Once you're comfortable, relax your jaw. When you're awake your jaw is always somewhat tensed, right? And even more so if you're stressed out, right? But what happens to it when you're into stages 3 and 4 of deep sleep? It's totally relaxed. So enter the relaxation stage by consciously relaxing your jaw. Let your mouth open slightly.

6- Let go

Let go of trying, let go of what happened during the day...

Don't force anything. Don't try to extinguish the thoughts, don't try to sleep. Just let yourself drift away. Thoughts might arise, but that's ok. It's like steam finding its way out. So let the thoughts come and let them go. Some days there'll be more thoughts, some days less, it doesn't matter.

Instead of focusing on them, listen how the pulses of the [Fall Asleep Track](#) progressively go slower and slower. Your brain will settle by syncing itself with the pulses without you having to do anything.

# Are you spending too much time in bed?

One of the most prevalent sleep myth is the belief that everybody needs 8 hours of sleep to be healthy and fully rested.

Problem is, this belief is FALSE.

The fact that you feel tired does NOT necessarily mean you need to spend more time in bed. It's most probably the opposite. Let me explain...

## Different people, different needs

About 20% of the population sleep six hours or less per night. High achievers like Jay Leno, Martha Stewart sleep for only 4 to 5 hours.

An ultra runner named Dean Karnazes also sleeps only 4 hours a night. This is worth noting, as Mr. Karnazes is not a couch potato but a world-famous runner. He recently ran 50 marathons... in 50 consecutive days (google him to know more)!

At the other end of the spectrum, Albert Einstein slept for 10 to 12 hours, and liked to take naps on top of that. It suited him well.

Now, you may ask...

## “And me? How much sleep do I need?”

That's a very good question, and one that can't be answered by someone else than you.

In the Optimal Sleep course that comes with the SleepTracks Program, I show several ways to pinpoint how long each of your sleep cycles last (yours are probably not the same length as mine), and how much total sleep you actually need.

The short answer is: “only as long as you need to feel rested the next day”...

... which brings us to another sleep myth:

## The Quantity Myth

See, all sleep time is not created equal.

Deep sleep is crucial; REM and dreaming are important; and stage 2 sleep less so. As for tossing and turning, well?

You know the answer to that already. So to be able to discover how much sleep you personally need, you

have first to regain truly quality sleep, deeply restorative sleep. Only then can you add or reduce progressively your time spent asleep until you find how much sleep is optimal for you.

Now, bear with me...

You read this report because you're NOT getting quality sleep, right? So you're far from being able to finely tune and adjust your sleep — you'd be happy to just have more than two or three hours of sleep!

## **Here's where you probably make a mistake**

I bet I can guess what you're doing when night's coming and you're worried about another sleepless night...

Since you know you'll take a long time to doze off, you go to bed earlier.

Here, I just said it... that was the mistake!

You go to bed while your body temperature is still way too high for you to fall asleep. So you toss and turn, your mind starts spinning, and your "I can't sleep?" becomes a self-fulfilling prophecy.

When morning comes you make a second mistake.

Since you're under the impression — true or false — that you spent most of the night awake... you hit the snooze button.

The effect of sleeping-in? You fool your brain into thinking that the night is still going on. Your biological clock is already delayed, and now you teach your brain into delaying it even more.

Conclusion: going to bed earlier and sleeping-in later are a big no-no because they'll make the problem worse with every passing night. Don't do it. Don't spend that much time in bed.

What to do instead? I'll cover that on the next page — keep reading!

# What to do when you're still awake

We just saw why it was such a mistake to spend too much time in bed...

... Now let me introduce you to a (partial) solution. I didn't invent it — more astute sleep researchers developed it and tested it in sleep labs.

So... what do you do when you're still awake at 1 am and you have to be up at 7? Try harder to fall asleep? No, we saw already what a bad idea this is.

Stay in bed and hope for the best? No, no.

Here's what you do instead: you use what has been called the...

## “Sleep Reduction Technique”

Yes, this is paradoxical. In order to eventually fall asleep more easily and stay asleep through the night, you need to further reduce the time you spend in bed.

Contrary to what you may fear, doing this won't reduce much actual sleep time. But it'll cut down severely the time spent awake in bed and time spent in superficial, unnecessary sleep.

I don't have the space here to give you all the details on how to make that technique work for you, but here it is in a condensed form:

### 1- The longer you've been awake...

There is a phenomenon called “sleep pressure”. For every additional hour you stay awake, this pressure builds up. Now is the time to use that to your advantage.

If you have trouble falling asleep, the rule is simple: don't go to bed until you feel REALLY sleepy.

### 2- Still awake? Get up!

If you're still awake 30 minutes after lying down, don't stay there — get up!

Don't worry about the fact that this might ruin your day. Remember that you're now dedicated to training yourself to sleep on command. For that to occur, your body needs to associate your bed with irresistible sleep...

So don't stay in it if you don't sleep!

Go downstairs and do some boring chores that won't arouse you too much, like doing the dishes, doing some paperwork. You can also read a book, but avoid any page-turner or you'll still be there when the morning

comes.

Doing some light yoga poses or stretches is also a good idea.

OR, better yet... if you have the [SleepTracks Sleep Optimization Program](#)

Sit up straight in a chair in your living room, close your eyes and listen to the Insomnia Buster track or the Fall Asleep track (both included with the program), or even the Healing track that you get 7 days after your purchase... and resist falling asleep!

That's right. Resist falling asleep. Just put your awareness on the pulses and let your body relax.

This "mind trick" will make it harder and harder for you to not sleep. You'll soon feel so drowsy you'll really long for your bed. Then — and only then! — is it a good idea to give in to the urge and go back to bed.

### **3- Don't sleep-in the next morning!**

Even if you went to bed later than usual, don't try to make up for it by sleeping-in the next morning!

Wake up at your usual time and proceed with your day. The first few days, you're likely to go to sleep considerably later than you're used to, and since you'll wake up at the same time than before, you'll most likely to feel quite tired in the morning.

But now you know that it's no big deal, and you won't be overly concerned about that.

You can take short, 20 minute naps during the day if you want — mastering the art of taking these short, ultra restorative naps can boost your overall productivity and energy level tremendously. I strongly recommend you learn to integrate them into your life.

(Again, let me point out that part 5 of the [Optimal Sleep course](#) is entirely devoted to that topic...)

Give your body a few days to catch up on the fact that you're now not spending more time in bed than what's absolutely necessary...

And very soon he'll get it and stop wasting time when you lie on that bed.

Believe me. I used to need hours before falling asleep. I would say I need about 5-10 minutes now. I've stopped labeling myself as "someone who has trouble falling asleep". You can too!

We now have just one last mistake to go through... Are you making this one?

# Are you living in a cave?

To sleep soundly, you need to live fully.

What means “living fully” for your body? Two things:

1- Moving around — we saw already in mistake #4 that in order to sleep better and get less tired you first need to tire yourself more.

and...

2- Being exposed to natural light.

In the [Optimal Sleep course](#), I talk at length about a hormone called melatonin that tells our body when to feel sleepy... and how that hormone is released in the dark and shut off by daylight. In simple terms, it means that: you need to expose your body – your eyes – to a lot of light!

Doing so will shut off melatonin during the day, and allow it to be released fully at night. Which will give you...

## High alertness during the day and deep sleep at night.

Isn't that what you want?

Yes, the [Sleep Tracks](#) provided with the Sleep Optimization Program are very effective against insomnia. But if you sit on your butt all day in a poorly lit environment, I guarantee you won't feel as alert as you could during the day, and your sleep will not be as good as it can be when night comes. Because...

## We were not made to live indoors and sit on our butt all day!

Even in the summer, the average westerner lives in a kind of cave all day long. San Diego citizens have more sunny days than 80% of American cities. Yet people over there are outdoors in full daylight less than...

...1 hour a day on average!

Sure, many people are outdoors for hours, but many many others spend 10 minutes or less outside.

Where are you on this scale? Are you overestimating the time you spend outdoors? Be honest here.

What happens when you take the subway... then walk indoors until you reach your office... then head back home the same way at the end of the day... and spend the evening in front of the TV?

See, modern photometers measure lighting in units of lux. One lux is roughly the light produced by a candle 1 meter away from you.

On a bright sunny day, in summer at noon, if you look at the horizon you'll be exposed to between 10,000 and 20,000 lux.

What about your cozy living room? Probably around 20 to 50 lux. Most indoor settings are below 100 lux. When you watch TV, you get about 1 lux. Is this enough? No way.

This is like living in a cave.

## **“I feel SAD!”**

This lack of light causes a lot of problems, among which seasonal affective disorder, or SAD.

SAD is a widespread problem in our northern latitudes. Studies have shown that mood and energy levels are at their lowest levels during the winter months. Why? Because the days are shortest, and we venture the less outside because of the weather.

Winter blues... sounds familiar?

## **How much light do you need? And what to do?**

You need to expose yourself to full daylight EVERY DAY. At least 30 minutes if it's sunny outside. More if it's cloudy.

The optimal time of day to expose yourself will vary depending on your sleep problem — whether you have trouble falling asleep, or wake up too early...

[See key #3 of the Optimal Sleep course](#) for more on that.

There are only 2 ways to expose yourself:

1- Get out, go outside...

... And don't bring your sunglasses with you (except if you're in an extremely bright outdoor setting, like at the beach or in the middle of a sun drenched snow field, where you'll need some protection).

2- Get a light box...

... Artificial light has been used by people suffering from SAD, depression and insomnia for a long time. It has proven to be beneficial and extremely effective. I recommend you try it.

Getting into the details of how to choose and use a light box is beyond the scope of this series, but let me offer you two warnings:

- Don't use a light box if you're manic-depressive. Exposure to artificial light might make you manic.
- And beware of blue-light boxes. Blue-light is the last generation of artificial light, and is extremely effective. I would recommend it to you... but I can't, because some studies showed that exposure to blue-light technology could be potentially dangerous.

I hope you enjoyed this report. I sure hope you'll do something to better your sleep and better your life.

This is why I spent time writing this special report and you spent time reading it: to make you realize that you're not DOOMED to sleeplessness. And to nudge you into taking simple actions that will change how you sleep... and how you live your life and enjoy it to the fullest.

Now here's what I have to offer you:

## **The Fastest Way to Peaceful Sleep is...**

There are a lot of ways to get to Rome.

You can go by car, by plane, by train... you can take this route or that one.

Same for personal success... personal growth... great energy... and fantastic sleep. There are many approaches — and some are faster than others.

That's what you'll love about the SleepTracks Sleep Optimization Program. It gives you an extremely effective, long-lasting, easy, and much FASTER way — through the power of sound — to transform your life by getting rid once and for all of your sleep problems.

You see, all societies past and present have used rhythmic sound, voice, and music to alter one's consciousness, balance the body's energy centers, and heal diseases. Today's science (along with digital delivery thanks to the Internet) brings you the possibility to harness the power of sound to re-train your brain to sound sleep...

### **... Without you having to do anything at all!**

I want you to grasp that you DON'T have to struggle like you're doing now. You don't have to resign yourself to lousy sleep and poor energy.

You don't have to keep wasting your life away restless night after restless night.

And [you can start right now](#).

It's effective: after just 6 minutes, your brain starts to sync itself with the rhythmic pulses and the subtly modified background music. As the rhythm changes over the course of a session, so does your inner mental state.

It's life-changing and long-lasting: unlike what would happen with sleeping pills, it won't stop working after a few weeks. On the contrary, training your brain in this effortless way will create new neural pathways in your brain. That means you won't have to listen to the Sleep Tracks forever to keep enjoying your renewed sleep abilities.

It's simple: press the play button and close your eyes. Then let yourself be gently guided into zzz land. Forget struggling and banging your head against the wall.

It's fast: you'll become a "no trouble falling asleep" kind of person much faster and easier than by any other

means. Not in some distant future, but starting right now.

How long exactly will YOU need? I can't answer, because it varies too much from person to person. Someone will notice improvements the very first night. Someone else will have to wait a few weeks before noticing real changes in his sleep patterns...

But if you've been having insomnia for several years, your life CAN change. Here's what Kevin Ross wrote:



" I am 50 years old and have been on one prescription sleep medication or another since I was 3 months old! I have struggled with my sleep problems every night of my life.

I still have occasional nights where I have trouble falling asleep, but these are getting more rare. (And when I do have trouble, I am finding that is is when I have eaten something with MSG contained in it.)

Now I often fall asleep within the first hour, and if I am awakened in the middle of the night by a noise for instance, I am able to fall right back to sleep. I easily awaken before my alarm clock goes off with about six hours of sleep and feel totally refreshed.

I can't thank you enough for how you have improved the quality of my life.  
I would highly recommend this course to anyone that is having problems sleeping."

Kevin Ross, Newton, Iowa

Here's the question I want to ask you:

## **Have you had enough already of the domino effect your disrupted sleep has on your life?**

Are you ready to do something healthy and simple to change the situation around and move toward what you really want — sleeping soundly at night and feeling great during the day?

Several days ago you stumbled upon this website and decided to take a further look. You were skeptical, you probably still are. Is this for real? Can it be so simple?

Please don't take my word for it. Try the Program for yourself, and see what the fuss is all about.

There's no risk whatsoever since you're covered by my unconditional 8 Week "Don't Lose Sleep Over It" [money-back guarantee](#). You're thrilled with your results or you get a refund, simple as that.

5 minutes from now you can get your hands on the full package, without waiting, no matter the time of day, no matter where you live, and receive:

1. A complete re-training of the brain to sound sleep with the Insomnia Buster Track
2. Ease of entry into the night with the Fall Asleep Track
3. Deep, restorative sleep throughout the night with the Whole Night Track
4. Empowering knowledge distilled in the “Optimal Sleep: 5 Keys to Restful Sleep And Peak Energy” multimedia course
5. And a “Fast Start Guide” to start reaping the benefits right away.

## What to Do Now

You know the saying: if you keep doing what you've been doing, you'll keep getting the same results. I can help you, but only if you make the first step. Go there right now and...

**[Start Your Risk-Free Trial](#)**

See you on the other side!



Yan Muckle

P.S. Are you still sitting on the fence, thinking that the SleepTracks program can't really help you? Here are some of the customer success stories we receive all the time:

## Endorsements from Health Professionals

**“I am a chiropractor and have struggled for the past month with insomnia so bad that some nights I did not sleep at all”**



“Thank you so much. I can’t believe its true. I am a chiropractor and have struggled for the past month with insomnia so bad that some nights I did not sleep at all. For people who have never had this, they will never know how bad it truly is.

I can only confirm the desperation that people have revealed on your website. I have tried what you’ve said and I’m very pleased. I have burned your tapes onto a disc, yet have been unable to upload to my i-pod. [Note: Dean had to burn the tracks on CDs himself because I wasn’t offering to ship the CDs at that time.]

Anyway, I have been listening to tapes as instructed and so far I am very pleased. I even gave your web-site to a patient.

Sincerely,”

Dr. Dean Janssen, chiropractor, Middletown, Rode Island

[Janssen Family Chiropractic](#)

**“After spending thousands of dollars on sleep studies, your CD’s are the best thing I have found!”**



“I was only getting four hours of sleep on a good night, and was waking up throughout each night with difficulty falling back to sleep.

After spending thousands of dollars on sleep studies, CPAP machine, and behavioral treatment for insomnia, your CD's are the best thing I have found. I have now used the insomnia buster and the whole night tracks for 5 consecutive nights. This past night was my best night ever where I slept soundly for 6 1/2 hours with no waking up during the night. Thank you so much.”

Sharon Stein McNamara, Ed.D., Shoreview, Minnesota

[Licensed Psychologist](#)

## Customers Success Stories

**“I was a bit skeptical at first and didn't know what I was getting myself into”**



“I had a baby in May last year and my mum was diagnosed with terminal cancer 5 months later. I think the sleep problems set in just after my baby was born. I did, off course, expect interrupted sleep with a baby, and the first 3 months were exhausting, but I was successful in teaching my baby to sleep and she has slept through the night since she was about 4 months old, which is when my sleep problems started... then came my mums diagnosis and nights upon nights of not falling asleep until 2-3am and waking at 6 with my baby. It is very hard to function as a mum on 3-4 hours of fitful sleep.

I have also been finishing my PhD and teaching at uni. Often, if I didn't have to go into uni, I would stay in all day and not get out of my pajamas. I was very reluctant to take sleeping pills as I have read lots of bad things about them in the course of my studies. I did, however, start to rely on a strong headache tablet which was the only thing that I had access to that seemed to calm me down enough to sleep. I was feeling very much like a rat on a wheel, just a futile and endless spin. My husband was getting really worried about me and my difficulty was putting a lot of strain on him and our relationship.

I found your website about 2 and a half weeks ago whilst researching a wellness course that I had been asked to write for 2nd year university students. I was a bit skeptical at first and didn't know what I was getting myself into. I don't make a habit of downloading info from the internet but I was getting increasingly desperate to find a solution to my sleep problems. I found your manner to be reassuring, supportive, caring, and extremely helpful. I watched the sleep optimization course from start to finish right there and then. I am a health psychologist and most of the information was not new to me, but it had never been put all together like that and it is amazing how blind you are when it is you who is the problem and you are in a fog of sleep deprivation.

Since then I have made many changes. I know it cost a bit of money to get access to your site and the tracks, but I really think that the benefit far outweighs the cost and I do get the strong sense that you are not just trying to make money, but to help people. I have had so many people tell me what to do to cure my sleep problems – warm milk, listening to talkback radio, reading, having a few drinks, counting sheep, counting backwards from 100, trying to imagine field of grass swaying in the breeze and then attempting to stop the swaying, taking drugs, just switch off! – all well intentioned, none helped. You are the first person to really offer practical, researched, empathetic, and solid assistance. Thank you so much.”

Erin Pearson, Melbourne, Australia

## **"I definitely feel like I am sleeping better"**



"I just wanted to tell you that I have definitely seen some results from using your SleepTracks system. I have only been using them for a few days and can already tell a difference. I am actually having dream sleep which I haven't had, that I know of, in ages.

I definitely feel like I am sleeping better. I am so glad I came across this product. Thank you so much for making it available to me."

Sherry Tilson, Tennessee

## **"I want to shout it from the rooftops because I finally feel so good"**

"First I want to tell you how thrilled I am about my sleeping. I struggled with insomnia for years on and off but it really got debilitating within the last year. I tried everything that I don't need to list here because you know what the other methods entail.

My Mom found your web site online. I was skeptical at first since it sounded like a mild attempt at addressing a serious problem. I have to tell you that the money-back guarantee is what really sold me on trying it.

The first night that I listened to the tracks I thought "Oh yeah right, this is supposed to be relaxing??"

Yet I woke up feeling as if I had slept much deeper than I had in months.

It took about 2 weeks but I'm now in a really great sleep pattern. I wouldn't quite call it normal but it is incredible compared to how I was (not) sleeping before. I want to shout it from the rooftops because I finally feel so good. In fact I have been passing on your information to everyone I talk to."

Meagan Novara, Berkeley, IL

[Read MANY more success stories here](#)

# Frequently Asked Questions

## Q: What is brainwave entrainment?

Here is a quick overview.

The brain is made up of billions of brain cells called neurons, that communicate with each other using electrical signals.

This electrical activity is measurable with an EEG (electroencephalograph) and follow patterns we can recognize. We call them "brainwave patterns" because this electrical activity has a wavelike appearance.

Scientists have found that different brainwave "frequencies" are associated with different mental states. For example, **your brainwaves while you sleep are very different than when you're wide awake**. Using an EEG machine, sleep researchers can tell precisely when someone is sleeping lightly, then deeply, and when he's dreaming.

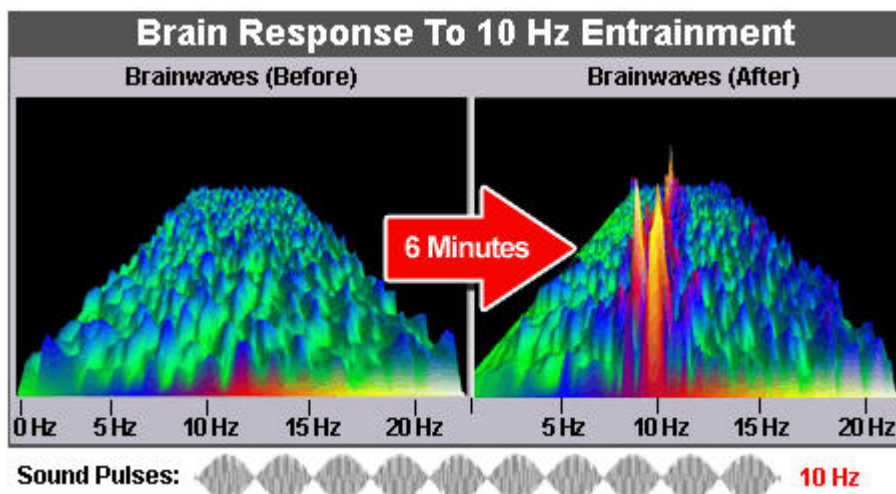
What's in it for you? Well, years of research have shown that **brainwaves can also be stimulated to actually *change* a person's current state**. This is what brainwave entrainment is all about — more on that below.

## Q: How Do the *Sleep Tracks* Work?

A: The *Sleep Tracks* are designed to influence the electrical activity going on in your brain in the form of brainwaves. It's meant to "entrain" them. How so?

By the same process that has been used by humans for thousands of years to generate altered states and trances: by using *rhythm*. If you listen to a rhythmic sound for awhile — it could be anything, a drum beating at 5 beats per second for example — and concentrate on it, **something will change inside of you**. After a couple minutes your brain will start to sync itself to the rhythm, and generate more brainwaves that will vibrate at the same rate per second as the sound you hear. Your brain will mimic the wave of the repeating sound.

Here is an example. These images show in 3D the electrical activity in somebody's brain, as measured by an electroencephalograph (it's just another way to render the same thing as the other graph I showed you).



On the left is a snapshot of what goes on in that brain *before* the experiment. On the right, you can see what happens if we expose that person to a sound pulsating at 10 beats per second. After just 6 minutes, the brain picked up on the 10 beats per second pulse and **started to produce much more brainwaves in the same range**.

The *Sleep Tracks* work the exact same way to *gently guide your brain* into producing more of certain types of brainwaves and less of others. The pulses are barely audible, but if you listen closely you'll hear them. As the session progresses, the speed and pitch of these pulses change progressively, guiding your brain along.

## No Need To Use Them Forever

And this influence is *not* limited to the moment you listen to the track. If you keep listening to a particular session, after awhile — say a month — your brain will "get it", so to speak, and generate more abundantly those brainwaves it has been entrained to produce, **even if you stop listening to the session**.

This is why carefully crafted brainwave entrainment sessions can have a *lasting effect* on your sleep. Once the brain is trained, the job is done. New neural pathways have been created.

What that means for you is that **you won't have to listen to the *Sleep Tracks* forever to benefit from them**. Contrary to what would happen with sleeping pills, after a month or two, maybe even less, you won't need them anymore. Your sleep problems will be a thing of the past.

## The Science Behind Them

Even though it has been around only since the 80's, today many doctors, professionals in the areas of psychology and neurology and institutional clinics rely on brainwave entrainment technology to train, empower and treat people for a wide variety of issues. **It has proved particularly effective at combating insomnia and re-training the brain to sleep deeply and naturally**.

Here are a few sleep-related scientific papers you can reference:

- EEG correlates of sleep: Evidence for separate forebrain substrates. Brain Research, 6, 143-163. Serman, M.B., Howe, R.C., and MacDonald, L.R.
- Treating psychophysiologic insomnia with biofeedback. Arch Gen Psychiatry. ;38(7):752-8. Hauri, P.
- The treatment of psychophysiologic insomnia with biofeedback: a replication study. Biofeedback Self Regul. (2):223-35. Hauri PJ, Percy L, Hellekson C, Hartmann E, Russ D

## **WARNING** : Be Wary Of Panacea Merchants

You might have come across another site or two offering you the keys to the kingdom if you just buy their "amazing ultra mega advanced brainwave entrainment CD that'll put you to sleep in a flash". Most will use an *older and less effective* way of stimulating the brain (have you ever heard of "binaural beats"?), but that isn't the biggest problem.

As you already know, sleep disorders can have many causes and take many forms. And even if those merchants would like you to ignore it, **one single brainwave entrainment session is NOT going to put an end to all kinds of insomnia**.

I have done the research, and I *know* it won't. The hard truth is, there's no such thing as a panacea.

This is why I included in the Program not one, not two, but three different sessions to make *sure* your personal sleep problem is addressed and taken care of.

### **Q: Is this as easy as taking a pill?**

**A:** Hmm... Nothing on earth is as easy as popping a pill -- that's why pills manufacturers make so much money. But where did taking sleeping pills led you? Was this a real solution? Of course not. Benzodiazepines and other sleep medications are very dangerous drugs, and they most probably only worsened your situation by messing up completely with your natural sleep patterns.

The Sleep Optimization Program I've devised for you is a REAL solution that is both healthy and safe, and that will have long-lasting effects. If that is what you really want, then I suggest you give the Program a try.

To really benefit from it, you'll have to listen to the Sleep Tracks audio sessions as advised, and implement a few of the suggestions that you'll learn about in the Optimal Sleep course and that apply to your particular situation. That includes questioning some of your assumptions around sleep, and maybe even changing some of your attitudes and habits.

You won't be alone though.

So the real question is: are you ready to banish insomnia from your life once and for all, so you can consistently sleep well and enjoy life? If not, then please don't waste your time (and mine). Keep looking for a magic pill that will transform you without you having to do or change anything in your life... and come back here when you're ready.

I'm in no hurry... only you know the price you're currently paying by staying in this rut, and only you can decide if you've had enough of it.

### **Q: How long will it take before I get results?**

**A:** Everyone is different, so results may vary. Many people start to see changes in the first few days. But even though your brain will be conditioned from the very first day, it might take a few weeks before you see big, marked improvements. Training your brain is like exercise: if you exercise every day you'll see differences after some time.

Implementing the suggestions found in Optimal Sleep will also greatly accelerate your getting results.

### **Q: Is it safe to order online?**

**A:** Extremely safe if you buy from reputable sources. You will either purchase through Clickbank or Paypal. Paypal doesn't need any presentation... As for Clickbank - they are a trusted online retailer specializing in digitally delivered products. They serve over 10,000 online vendors, and their system is as secure as can be.

SleepTracks' security measures are also reviewed and certified DAILY by Trust-Guard and McAfee's ScanAlert, two independent leading security authorities.

### **Q: I take sleeping pills right now. Is it safe to use your program?**

**A:** Yes. While they may give you some temporary relief, sleeping pills are a poison you must absolutely remove from your life as soon as possible. These medications have important side effects, and have severely disrupted the sleep system of so many people that it's everything but funny.

Using the *Sleep Tracks* will help you regain sound sleep and transition smoothly to a drug-free life... but I don't recommend that you stop cold turkey. Withdrawal effects can sometimes be stronger when you stop abruptly.

The solution is to reduce very progressively while listening every night to the *Sleep Tracks*. Ask your physician to develop a progressive tapering-off plan with you. What you'll learn in the Optimal Sleep course will also help you.

If you've been taking sleep meds for a long time, be aware that your body will need some time (it varies quite a lot from person to person) to rid itself of the toxic residues, and your brain will also need some time to realign itself. So you'll need to be patient with yourself and view the whole thing as a gradual process.

Just remember that there IS light at the end of the tunnel, and it's not that far away.

### **Q: Can I listen to the Sleep Tracks all night?**

**A:** The Whole Night Track has been designed for this purpose. Program your CD or mp3 player to play on loop and you'll be set. Don't use the other tracks that way though.

### **Q: Can I listen to the Insomnia Buster while doing other things?**

**A:** Not a good idea. The Wake Up! Track, yes, but not the others. For all the others you should be still and close your eyes - keeping your eyes open would be a very intense form of stimulus for your brain, and would diminish the results greatly.

### **Q: What happens if I miss a day or two?**

**A:** Just do your best. Of course, if you start using something for two or three days and then stop, you'll have no way to experience its full effects. But skipping a day here and there is no big deal - you might even find you don't need it anymore!

### **Q: Is this just some sort of relaxation tape?**

**A:** No. While most sessions contain very soothing background music, relaxation is only a kind of "side effect" of listening to the Sleep Tracks. And some sessions don't have this effect at all.

### **Q: Do the tracks contain any subliminal messages, reverse speech, or similar things?**

**A:** No! The pulses are doing all the work, and you can hear them perfectly well.

Besides, subliminal messages don't work. A marketing guy started the whole thing in 1957 with a fabricated study. Unfortunately, to this day it's still mentioned as proof of the effectiveness of subliminal messages. Several real studies since showed that subliminal tapes didn't even meet the minimal criteria for perception,

and concluded that it's highly unlikely that they have any effect at all, much less a significant effect on behavior or thought patterns.

### **Q: How often will I have to listen to those Sleep Tracks?**

**A:** Depends which one we're talking about, and for what use. Once a day is enough to train your brain with the *Insomnia Buster*. You probably won't need to use it anymore after one or two months, maybe less. The other tracks can be used on an "as needed" basis - but again, once your brain will be well conditioned you won't feel the need to use them much. You'll get more details in the *Fast Start Guide*.

### **Q: Does your program come with instructions?**

**A:** Absolutely. You'll find all you need in the *Fast Start Guide*, and you'll find rich advice in the 2:15 multimedia course.

### **Q: Does it treat sleep apnea?**

**A:** SleepTracks's doesn't pretend to "treat" anything. Read the disclaimer! The best is to try it and see what effects you get. The 100% Guarantee is there to protect you if you find it doesn't work well for you.

### **Q: Is brainwave entrainment safe?**

**A:** It's totally safe and health-promoting when used according to the guidelines. By using the Sleep Tracks you're just helping your brain to naturally enter a positive state . But don't listen to the tracks if:

You're epileptic

You're pregnant

You wear a pacemaker

You're prone to seizures

You're under the influence of alcohol or other drugs.

### **Q: Do I need any special audio equipment?**

**A:** If you purchase the Premium Edition, any CD player will do. If you purchase the Digital Edition, you will need to transfer the mp3 files over to any mp3 player, or burn them onto a CD to listen to on any CD player. Equipment quality will not affect the results you get.

### **Q: Do I need to use headphones?**

**A:** No you don't, except for the *Power Nap* Track, which is also used to block off distracting sounds. The *Whole Night* Track is best used without headphones - sleeping all night with a pair of headphones wouldn't be very pleasant :)

The *Insomnia Buster* and *Fall Asleep* Tracks can be used without headphones, but I recommend that you wear them as the effect will be more dynamic and the result stronger.

### **Q: I'm over 60. Am I too old to get results?**

**A:** Not at all. In Key #2 of the Optimal Sleep course, I explain why older people have sleep problems, and what they can do about it. You CAN regain quality sleep whatever your age.

**Q: Will I need to buy additional equipment or supplements?**

**A:** No, you don't. *SleepTracks* is a complete solution.

**Q: I've heard about binaural beats... Is this what *SleepTracks* is all about?**

**A:** No. Binaural beats are the most used form of brainwave entrainment - this is what's used by most insomnia CDs out there. With binaural beats, a slightly different tone is presented into each ear. The tones then combine in the brain to form a pulse or beat.

Entrainment with the Sleep Tracks is produced by a more effective - and more recent - kind of stimuli called "isochronic tones". What are they?

An Isochronic tone is simply a rhythmic pulse which turns on and off at a specified rate per second. Studies have found that binaural beats are not as effective as isochronic tones because of how the brain processes the pulses. Because the tones turn off so quickly, they produce extremely strong responses in the brain, which leads to the most effective possible brainwave stimulation.

Additionally, binaural beats require the use of headphones, and isochronic tones do not.

**Q: What if it doesn't work for me?**

**A:** You won't find any insomnia solution that will work for 100% of people... And that is why I provide a 60 days "Don't lose sleep over it" full 100% guarantee. It goes like this (and there is no fine print):

**Close your eyes and play the tracks according to the recommendations. If they don't transform your sleep... if they don't allow you to get the rest you need and deserve... or if you simply don't like what you got for any reason whatsoever...**

**... Simply ask for a refund within 60 days and you'll get 100% of your money back on the spot.**

**[\\*\\* Start Your Risk-Free Trial Now \\*\\*](#)**

## About the author



Yan Muckle is the founder of SleepTracks.com and the developer of the *SleepTracks Sleep Optimization Program*. As a writer, he has published two books and numerous feature magazine articles (all in french) on a wide range of topics, many of them health-related. He lives in Quebec City with his wife and daughter.

Although he suffered from insomnia for over 20 years, he now sleeps like a baby.

The *SleepTracks Sleep Optimization Program* has been offered exclusively online since April of 2007. Since that time, despite an unexisting marketing budget, it has helped thousands of people from all over the world to wave insomnia goodnight, get rid (or avoid) sleep medications and get their life back.

It is now ranked as the #1 sleep and insomnia solution to be sold only through the Internet, as ranked by the Clickbank online marketplace.

Have questions? You can [reach Yan and his team here](#).