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Train Your

Brain

Tired of Being Tired?

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Our body depends on sleep. Getting good rest and sleep is as important to our body as is food and drink. Without adequate rest we endanger ourselves both physically and mentally and may put others at risk as well. The need for sleep cannot be understated.



Your brain depends on sleep to perform at its best. **Without adequate sleep your energy level, ability to concentrate, solve problems and communicate effectively are greatly diminished.** Lack of sleep can therefore negatively affect your career and business.

Lack of sleep may also result in physical injury and danger to others. The number of auto accidents caused by drivers falling asleep at the wheel is staggering. In addition, coordination and endurance is negatively affected by lack of sleep which results in poor overall performance and increased likelihood for common, everyday accidents.

Sleep also gives our mind and body time to relax and de-stress. While we sleep our heart rate and breathing slow down and our body becomes immobile. Our brain "turns off" and as we sleep we are able to leave our worries behind for a short period.

Many people underestimate the importance of sleep. They doze off late at night and then wake up very early in the morning to go to work. As they go about their day, they feel restless and tired. However, some individuals may sleep only a few hours a night, but they are full of vitality during the day. Their body is designed to adapt to a different sleep pattern. Many people have to take around 7 to 8 hours of sleep to fully function well in their daytime activities. There is no "norm."

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A large number of people suffer from sleep disorders which prevent them from getting a good night sleep. Many would do anything to fall asleep yet they can't. Others get enough sleep, but they are of poor quality. As a result, their disorder impairs their ability to do their job well, negatively affects their relationships, and may pose some future health problems because it lowers the immune system.

Whether your body naturally needs 5 hours or sleep or 9 hours, **sleep is essential to your well-being and your ability to achieve your dreams and enjoy life.**

There are many ways to get more your sleep, enhance the sleep that you do get and reduce sleep disorders. They range from eliminating caffeine and nicotine, to pre-bedtime routines to reducing light and noise in your bedroom. A less known but **extremely powerful and effective method of maximizing your sleep is "Brain Entrainment"**.

What is "Brainwave Entrainment"?

Brainwave entrainment is a relatively young but rapidly growing field that involves the study of how altering brainwaves naturally can allow people to easily enter states of increased intelligence, creativity, relaxation, pure energy and more! Researchers and scientists have found that different bands of brainwaves are associated with different mental states. For instance, the brainwaves of a sleeping person are much different than the brainwaves of an individual who is wide awake.

Years of research has shown that brainwaves can be stimulated to actually change that person's current state causing them to get a better quality sleep, increase their metabolism and mood as well as become smarter, more productive, and more creative. By causing the brain to produce or decrease specific types of brainwave frequencies, it is possible to train your brain to bring about a large variety of mental states and emotional reactions.

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When the brain is given a consistent, repeating stimulus, such as drum beats or flashes of light, the brain responds by synchronizing, or entraining, its electric cycles to the external rhythm. This is commonly called the Frequency Following Response (or FFR), and it can be used to effectively alter the brainwave pattern of the audience.

With Brain Entrainment You Can Have Your Best Sleep Ever

Brain entrainment offers a scientifically researched and proven program to help you achieve the best sleep you have ever had. By **targeting the specific brainwave band that is related to sleep states the [OptiMINDzation](http://www.optimindzation.com)TM Amazing Sleep & Insomnia Help** audio help improve the quality of sleep and help you fall asleep faster.



Brain entrainment is completely safe and drug-free. There is no special equipment needed, herbs or other common enhancement techniques or requirements. With a simple click of a button you can get started from virtually anywhere.

Are you tired of being tired? If so, consider the **tremendous impact** daily mental entrainment can have on your life. In just a few minutes a day, you can quickly and easily improve the overall quality of your life, work and relationships simply by getting the sleep your body needs. Listening to [OptiMINDzation](http://www.optimindzation.com)TM Amazing Sleep & Insomnia Help audio is perhaps the most effective sleep induction session ever developed at your fingertips. Now you will now what a **deep, healthy sleep** feels like.

If you would like to stop dreaming about getting a good night sleep and actually start dreaming, brain entrainment is definitely for you.

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