



**iAwake**  
technologies

For Sound and  
Restful Sleep

[www.iawaketechnologies.com](http://www.iawaketechnologies.com)

# Sleeping Heart

Eric Thompson iAwake Technologies



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## User Manual

**IMPORTANT: Please read this manual carefully and in its entirety before your first use.**

### ***Disclaimer***

The user of Sleeping Heart, hereby referred to as SH, agrees that this software is designed solely for self-improvement, learning, aid in motivation, relaxation, and experimentation. This application is not intended as a replacement for medical or psychological treatment. No medical claims are intended, express or implied. Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Epileptics
- Pregnant women
- Those who are wearing a pacemaker
- Those prone to or have had seizures

Those who should consult a physician before the use of this product include:

- Individuals under the influence of medication or drugs
- Individuals who have a history of severe mental illness
- Individuals who have a history of tinnitus

This application is not to be used while under the influence of alcohol or other mood-altering substances, whether they are legal or illegal. Children under the age of 18 are to be examined by a physician for epilepsy or illnesses that may contribute to seizures prior to the use of SH as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO SH WHILE DRIVING OR OPERATING MACHINERY.

The user of the SH application assumes all risks in using SH, waiving any claims against iAwake Technologies, LLC and its affiliates for any and all mental or physical injuries. The user also agrees to assume liabilities when allowing other persons access to the SH application.

In no case will iAwake Technologies, LLC or other distributors of the SH application be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of its technology, instructions, or documentation.

The parties shall attempt to resolve all disputes arising out of this agreement in a spirit of cooperation without formal proceedings. Any dispute which cannot be so resolved (other than a request for injunctive relief) shall be subject to arbitration upon written demand of either party. Arbitration shall take place within forty-five days of the receipt of the written demand, in Boulder, Colorado or at another location (or in whole or in part by phone or other means) if the parties so agree. The arbitration shall take place before an arbitrator chosen as follows: The parties shall each choose a representative, and the representatives shall choose an arbitrator. The arbitrator shall schedule an informal proceeding, hear the arguments, and decide the matter. Each party shall pay half the costs of the arbitration proceeding. The arbitrator shall not have the authority to award punitive damages or any other form of relief not contemplated in this Agreement. Regarding each issue submitted to arbitration, the decision shall be accompanied by a written explanation of the basis upon which it was arrived. Judgment upon the award, if any, rendered by the arbitrators may be entered in any court having jurisdiction thereof.



## What Is Sleeping Heart with iNET?

The ***Sleeping Heart*** session is a set of precise frequencies that have been carefully arranged in such a way as to facilitate the brainwave pattern of deep sleep.

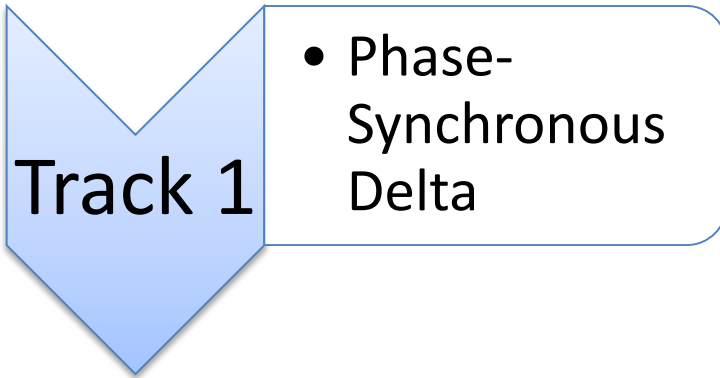
***Headphones are not required for significant results, though their use will always give you the best results.*** (This is because all non-headphone entrainment approaches are currently unable to match the careful separation between left and right stereo channels afforded by headphone use.)

***NOTE:*** In order to fully capture the full carrier frequency spectrum used in the iNET process, we recommend using headphones and speakers with a frequency response of 20 – 20,000 Hz.

***Sleeping Heart*** utilizes a unique form of brainwave entrainment to rhythmically induce healthy brainwaves through the use of pulsed sound and embedded energetic frequencies. Brainwave research has discovered specific brainwave patterns that help facilitate deep relaxation and restful sleep.

As you listen to ***Sleeping Heart*** your brain will be ***precision-tuned*** to states of consciousness correlated with healthy sleep patterns.

## Targeted Brainwave Pattern



### Listening Guidelines

- ✓ Listen to Sleeping Heart at bedtime.
- ✓ Give yourself over to the relaxing sounds.
- ✓ No need to place your player on "Repeat." The 30-min Sleeping Heart session should be enough to induce sound, restful sleep.
- ✓ Never listen to Sleeping Heart more than two hours per day.

### IMPORTANT NOTE: Drink Water



Be sure to drink at least one glass of water before your sessions and one glass of water afterward. Brainwave entrainment increases blood flow to the brain, and drinking plenty of water helps your brain rid itself of waste by-products.

## File Information For Optimal Entrainment Results

### NOTE:

- The download-version contains high-quality (320 kbps) MP3 files, which use less compression than typical MP3 files.

We strongly recommend not converting these tracks to normal MP3 format (anything below 192 kbps) when uploading from CD or burning to CD, because the MP3 compression will filter out a considerable amount of the entrainment power embedded in the CD and download versions. If you wish to burn them to a CD, burning them as WAV files, Apple Lossless files or 320 kbps MP3 files will deliver optimal entrainment results. In iTunes, go to "Edit," then "Preferences," and locate the "When you insert a CD" section on the "General" tab. Push the "Import Settings" button, and another tab will appear. For the "Import Using" section select "Apple Lossless Encoder, WAV or 320 kbps MP3."

### Compatible Players

#### MP3

- Computer Media Players – Windows Media Player (free); iTunes (free); SongBird (free at [www.getsongbird.org](http://www.getsongbird.org))
- MP3 Players – Any MP3 player.

# iAwake Support Links



**Profound Meditation on Facebook:**

<https://www.facebook.com/ProfoundMeditationProgram>



**Profound Meditation on Twitter:**

<https://twitter.com/iAwakeTeam>



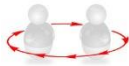
**Profound Meditation Practitioners Forum:**

<https://www.facebook.com/groups/profoundmeditation>



**Free Weekly Teleseminars:**

<http://www.iawaketechnologies.com/teleseminars>



**Coaching:**

<http://www.iawaketechnologies.com/coaching>



**FAQ:**

<http://www.iawaketechnologies.com/faq>



**Blog:**

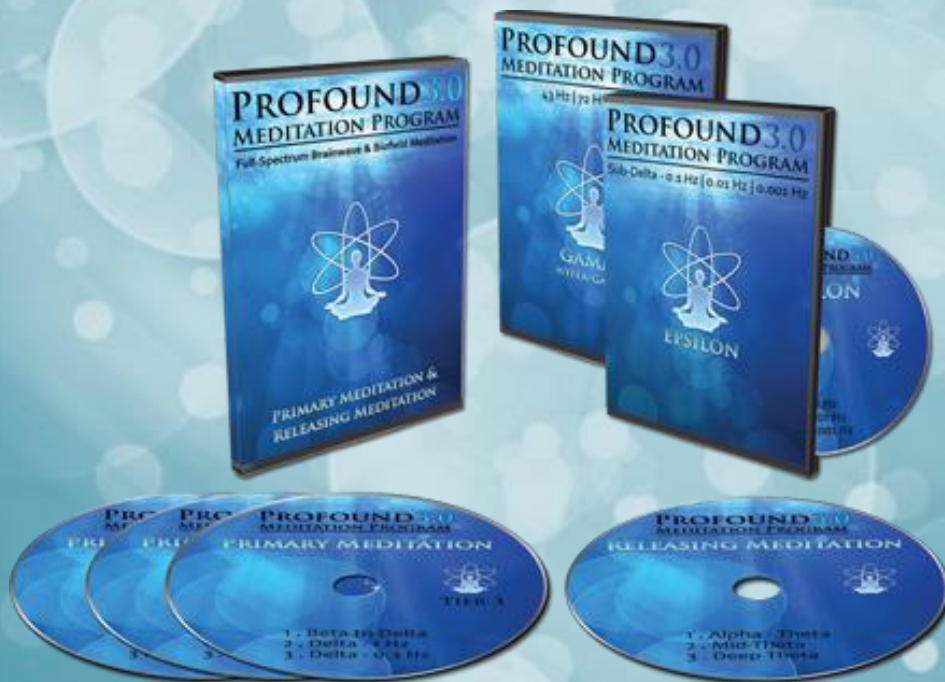
<http://www.iawaketechnologies.com/blog/>



**Customer Support:**

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# PROFOUND MEDITATION 3.0 FULL SPECTRUM



## *Science Meets Stillness*

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“iAwake technologies has continued their pioneering research into brain/mind sound technology with their latest release of *Profound Meditation 3.0*. I’ve been a fan of their products from the beginning, and I can say that they just keep getting better. So if you’ve never tried binaural beat technology—and especially if you have!—by all means check out their latest. I think you won’t be disappointed.”

*Ken Wilber—The Integral Vision*

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