

# I AWAKE

— TECHNOLOGIES —



## SOUND ASLEEP

A deeply soothing guided meditation  
with embedded brainwave frequencies  
for restorative, sound sleep

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— TECHNOLOGIES —

iAwake Technologies • Joseph Kao

## User Guide

# DISCLAIMER

The user of *Sound Asleep (SA)* agrees that this audio program is designed solely for meditation, self-improvement, learning, relaxation, and experimentation. This application is not intended as a replacement for medical or psychological treatment. No medical claims are intended, expressed or implied.

Those meeting any of the following conditions, whether knowingly or not, should not use this application:

- Epileptics

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

- Individuals under the influence of medication or drugs
- Pregnant women
- Those wearing a pacemaker
- Those prone to or who have had seizures
- 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 *SA*, as they are more susceptible to seizures.

## **Finally, DO NOT LISTEN TO ANY SA AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.**

The user of *SA* assumes all risks, 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 *SA*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *SA* be liable for chance, accidental, special, direct, or indirect damages resulting from use, misuse, or defect of its program, 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 Provo, Utah, 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 at. Judgment upon the award rendered by the arbitrators, if any, may be entered in any court having jurisdiction thereof.

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## FILE INFORMATION FOR OPTIMAL ENTRAINMENT RESULTS



**NOTE:** We strongly recommend not converting Sound Asleep (SA) to a smaller MP3 format, because the increased MP3 compression will filter out a considerable amount of the entrainment power embedded in the high quality 320 kbps MP3 file. If you wish to burn SA to a CD, burning it as a 320 kbps MP3 file 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 "MP3," then select "Custom," and set to 320 kbps.



### NOTE ON HEADPHONES

For the fullest entrainment effect, it is recommended that one use earbuds or headphones when listening to Sound Asleep. Sound Asleep's isochronic technology also makes it ideal for use with speakers.



### COMPATIBLE PLAYERS

Compatible with all MP3 players.



### IMPORTANT NOTE ON USING *SOUND ASLEEP*

**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 byproducts.

# ***Welcome to Sound Asleep***

This program combines advanced brainwave entrainment technology with a deeply immersive guided meditation to help you enjoy deeper, more restful, more restorative sleep.

Regular deep sleep improves your energy levels, your mood, your productivity, your relationships with your loved ones... pretty much every aspect of life gets better when you're sleeping more deeply on a regular basis.

As a hypnotherapist, I've helped many clients with sleep disturbances over the years, and Sound Asleep is a distillation of the techniques and principles that I've found to be most effective at promoting natural, deep sleep.

These include the use of progressive relaxation, visual imagery, embedded suggestions for deeper sleep, and linking every aspect of bedtime and your bedroom to a sense of deep relaxation and calm.

Sound Asleep isn't just about overcoming sleep problems – it is also designed to help you experience even better sleep, night after night... perhaps better sleep than you've had for many years.

After listening to these tracks for several weeks, you may notice that deep, sound sleep has now become a habit for you, something your body just knows how to do. And that you're naturally sleeping more deeply and soundly whether you're listening to the tracks or not.

This is always my goal when creating guided meditations – that ultimately people get to a place where the verbal guidance becomes unnecessary, because after repeated listening it's something that you just know how to do, with every fibre of your being.

Wishing you plenty of wonderfully refreshing sleep in the days and weeks to come!

All the best,

Joseph Kao



# About *Sound Asleep*

**Sound Asleep consists of two 36 minute tracks, along with a third, bonus track.**

## **01 Sound Asleep - Guided Meditation (36 minutes)**

This track has a soothing, hypnotic soundscape with embedded brainwave frequencies that guide you from the waking state into the deepest stages of sleep.

As you listen, you'll hear a slow countdown from 100, and distant, dream-like words and phrases, just on the cusp of your awareness, which subtly prime the brain for deeper sleep.

Research on unconscious priming shows that the brain can be positively influenced by words and stimuli which are just outside of conscious awareness.

There is no need to try to hear every word on this track - just know that all of the sounds and background words are working together to lull your brain into the sleep state.

## **02 Sound Asleep - Music Only (36 minutes)**

This track contains no words at all; just rich, resonant drones, ocean waves, and pure delta brainwave frequencies - the dominant brainwaves during deep sleep.

## **BONUS TRACK**

### **Sound Asleep - Bonus Edition (36 minutes)**

*Available as a complimentary digital download*

This bonus track was a prototype version of Sound Asleep, which some of our beta testers said they wouldn't want to be without.

This track guides you through the same sleep principles as track one, just expressed through different words, with a slightly different configuration of the brainwave entrainment.

We suggest periodically using this track as an optional alternative, to reinforce the benefits of the main two tracks.

# How to Work with *Sound Asleep*

- *Sound Asleep* is designed to be used whilst lying in bed, just before sleep.
- There's no need to make any effort to fall asleep as you listen. If you just deeply relax the first few times, that's perfectly fine. Listening and relaxing to the session at bedtime will still encourage deeper sleep at night.

With longer-term use of the tracks, you'll tend to find that you're falling asleep to the tracks within a matter of minutes, and that the quality of your sleep is getting better and better over time.

- As an initial protocol, we recommend using *Sound Asleep* at least five times per week for four weeks, to create a lasting, positive change in your sleep patterns.
- *Sound Asleep* can be used with or without headphones - although headphones tend to produce a stronger effect.

An excellent choice of headphones for these tracks are The SleepPhones - which are custom-designed to be worn in bed (although any comfortable headphones will work fine).



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

- The blend of words and brainwave entrainment technology in these tracks is very potent, and we suggest that you use the principle of "less is more" when you first begin using them.

This means that it's best to keep the volume at a low to moderate level, and to start by just listening to the first track, once through, for several nights in a row.

Any of the tracks can be used to induce sleep, so once you've spent some nights familiarizing yourself with track one, feel free to alternate it with one of the other tracks.

And if you would like to experience an even stronger effect, play tracks one and two in sequence as you're falling asleep.

- If you want to experiment by playing *Sound Asleep* on repeat through the night, you are welcome to try doing so. But listening to one or two tracks, last thing at night, will typically be all that is needed to improve the quality of your sleep.



# Additional Tips for Deeper Sleep

- It's best to avoid all bright screens for several hours before bed, including TV, cell phones, tablets, computers, etc.
- It's also good to sleep in a room that is relatively cool, and as dark as possible.
- Whilst a short nap during the day can be healthy, don't nap too close to bedtime, and never nap for longer than fifteen or twenty minutes, otherwise your sleep cycle may become disrupted.
- A large, heavy meal too close to bedtime can interfere with sleep, and it's also good to avoid vigorous exercise in the hours before bed.
- Alcohol, nicotine, and caffeine are all known to disrupt sleep quality, and are best avoided in order to experience optimal sleep.
- Never lie in bed tossing and turning for an extended period of time, because you may start to unconsciously associate bedtime with stress and tension.

If you've been lying in bed for more than around half an hour and you're still not asleep, it's better to get up for a while, and do something relatively unstimulating in a dim light (such as reading a weighty book or doing a few puzzles).

Once you feel tired, calmly return to bed and allow yourself to deeply relax.

Each of the Sound Asleep tracks will help with this, because they are designed to guide you into a state of profound relaxation as well as encouraging the onset of sleep.

After a week or two of doing this, you will have conditioned yourself to unconsciously associate bedtime with deep relaxation, which will make it so much easier for you to naturally drift off to sleep at night.





# The Technology

All three tracks of *Sound Asleep* have a deeply immersive, multi-layered soundscape, encoded with advanced brainwave entrainment technology.

- 3D processing and gentle, rhythmic panning was applied to every element of the soundscape. This subtly encourages the brain to keep focusing on the sounds, which significantly enhances the power of the brainwave entrainment.
- There are two layers of binaural beats, phase-locked with each other for a stronger, more coherent entrainment effect.
- Isochronic sound pulses, with custom designed waveforms, are embedded in the audible sounds. These are reinforced by additional pulses at frequencies which are just outside the threshold of conscious perception (but which, according to studies on auditory processing, the brain still unconsciously responds to).
- The verbally guided tracks contain entrainment patterns which gently guide you down through the different stages of sleep.
- The entrainment begins by inducing alpha waves, associated with light relaxation and stage one sleep. It then slowly descends through theta, and eventually reaches the low delta range, which is the most restorative, healing stage of sleep.
- The music-only track is a broadband delta entrainment track, which oscillates through the complete delta range over the course of the track. This track can be played after the main verbally guided track, or it can be used as a standalone track to promote deep, delta-wave sleep.

# About the Developer



Joseph Kao, creator of [Profound Releasing](#) and [Profound Renewal](#), is a hypnotherapist and a solution-focused therapist with a private practice in Cambridge, UK.

Joseph was the co-developer of an acclaimed course on conversational hypnosis, and he regularly teaches hypnotherapy and psychotherapy to other therapists. He has also been the head scriptwriter for over 800 professional hypnotherapy recordings.

Joseph was drawn to the world of philosophy, meditation, and brainwave entrainment technology from an early age, and he's had a daily meditation practice since 1998.

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## Other Tracks by Joseph Kao

### [Profound Releasing](#)

*Free yourself from limiting thoughts and emotional blocks, using the power of the heart.*

Profound Releasing is a multi-layered guided meditation with advanced brainwave entrainment technology, designed to help you:

Let go of old, rigid emotional patterns and rediscover your natural spontaneity, energy, and vitality • Stop battling with your thoughts and feelings, and discover how to effortlessly dissolve inner blocks and tension • Open your heart and allow a deep sense of love and compassion to flow through your body and mind.



### [Profound Renewal](#)

*Deeply Rest and Recharge: Feel Refreshed, Renewed, and Ready to Go!*

Profound Renewal, by Joseph Kao, is an energy-building program designed to evoke calm, healthy, sustainable energy. As a young father, Joe was personally motivated to create a program that would help him find energy and balance to respond to the gifts and challenges of his life.

Profound Renewal contains guided meditations, music, and advanced sound technology.

# iAwake Technologies Support Links



iAwake Technologies on Facebook:

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



iAwake Technologies on Twitter:

<https://twitter.com/iAwakeTeam>



iAwake Technologies Practitioners Forum:

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



Weekly Coaching Calls Archives:

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



Coaching:

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



FAQ:

<http://www.iawaketechnologies.com/frequently-asked-questions/>



Blog:

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



Customer Support:

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# PROFOUND MEDITATION 3.0 FULL SPECTRUM



## *Science Meets Stillness*

An integrated synthesis of leading-edge  
neurotechnology and energy medicine

"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*

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