

RAINSTORM *SLEEPWAVE*

PSYCHOACOUSTIC SOUNDSCAPE
TO FALL ASLEEP, STAY ASLEEP,
AND AWAKEN REFRESHED

USER MANUAL

IAWAKE

— TECHNOLOGIES —

DOUGLAS PRATER

DISCLAIMER

The user of *Rainstorm Sleepwave* 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 *Rainstorm Sleepwave*, as they are more susceptible to seizures.

Finally, DO NOT LISTEN TO ANY RAINSTORM SLEEPWAVE AUDIO FILES WHILE DRIVING OR OPERATING MACHINERY.

The user of *Rainstorm Sleepwave* 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 *Rainstorm Sleepwave*.

In no case will iAwake Technologies, Integral Recovery, or other distributors of *Rainstorm Sleepwave* 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

We strongly recommend not converting your downloaded files 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.



HEADPHONES

Use of headphones is NOT REQUIRED for Rainstorm Sleepwave to be effective, but headphones are suggested for the strongest effect.

COMPATIBLE PLAYERS

Compatible with all MP3 and WAV players.



IMPORTANT!

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 Rainstorm Sleepwave

I've always been fascinated by the research, both scientific and anecdotal, on states of consciousness and the roles they play in our lives. When it comes to my personal life, my level of emotional well-being, my ability to perform physically and mentally, and my ability to manage the myriad stressors of day-to-day life, I've found that no single variable makes a bigger difference in my quality of life than sleep.

Getting enough sleep, though, hasn't always been easy for me. And at times, in spite of the many practices I engage to optimize my wellness, falling asleep is still a challenge. Others close to me – friends and family – have also faced the challenge of waking in the middle of the night and struggling to get back to sleep. And I've observed the difference that a full night of high-quality sleep can make in their lives, too.

In my quest to sleep better, I've explored a number of tools and techniques, but I've always found brainwave entrainment to be among the most powerful tools we have at our disposal. When it comes to sleep, though – such a critical component of functioning at our best – I found the existing brainwave entrainment programs left a lot to be desired.

Sleep is a very personal thing. We all have specific preferences about our sleep positions and levels of comfort. Not everyone is capable of sleeping with a pair of earbuds in their ears. And even if you can sleep with earbuds in, sometimes a thought or an emotion or an external sound catches our attention and lifts our brain waves up from their normal descent into slumber. And what about the natural length of time it takes a wakeful brain to move through the early stages of relaxation and light sleep before entering the delta pattern of deep sleep?

With Rainstorm Sleepwave, I set out to solve these problems. I wanted to create a tool that powerfully affected brain waves, calmed the limbic system, allowed the mind to naturally disengage from wakefulness, followed the natural timeline of descent into deep sleep, accommodated the natural breaks and peaks that occur during the drifting process, and allowed listeners to sleep in the optimal position for their comfort and relaxation.

After a great deal of personal research and experimentation, testing the results on myself, my family, and my friends, and also going through iAwake's thorough quality control alpha and beta testing process, I believe I've achieved the goal of creating a program that will be a genuinely helpful solution to the sleep problems that plague so many. Using Rainstorm Sleepwave has helped me get deeply rejuvenating sleep that has profoundly improved my quality of life. Being well-rested, performing in mind, body, and spirit as I was meant to, has made all the difference in the world. I hope it will do the same for you.

Namaste,
Doug Prater

About Rainstorm Sleepwave

One track (60 minutes)

01 Rainstorm Sleepwave

Bonus track available for digital download only (20 minutes)

02 Delta-Wave Deep Sleep (loopable)

Rainstorm Sleepwave can help you to:

- fall asleep more quickly
- sleep more deeply
- feel relaxed and refreshed
- wake up feeling energized
- fall back to sleep if you wake up in the night
- take a rejuvenating nap
- unwind from a long day
- optimize your sleep quality

Optimizing the quantity and quality of your sleep has been shown to:

- Repair your body at a cellular level
- Balance and optimize hormone production
- Reduce appetite and food cravings
- Improve focus, willpower, concentration, and productivity
- Enable peak performance
- Enhance muscle growth and athletic performance
- Improve learning and memory consolidation
- Reduce the risk of disease
- Enhance emotional regulation
- Increase a sense of well-being
- Improve immune function
- Regulate metabolism and reduce instances of diabetes
- Reduce inflammation and cell damage
- Reduce anxiety and depression
- Impact skin rejuvenation and elasticity
- Improve complex problem-solving capacity
- Enhance creativity
- Improve resilience to stress
- Boost energy and stamina

How to Use Rainstorm Sleepwave

Abandon your Preconceptions. Simply allow the sounds and tones to take you where they will, rather than focusing on trying to direct your experience.

Experiment with Volume Settings. For some people, the program is most effective when it is barely audible. Others find the entrainment works better at louder volumes. The correct volume setting is the one that is most comfortable to you.

Practice Full Body Relaxation. Starting with your toes and slowly working your way upwards through your legs, torso, arms, shoulders, and head, relax each muscle individually, allowing the tension to melt away. Take special care to relax the tongue, jaw, cheeks, and forehead.

To fall asleep quickly allow the full one hour recording to play. Once you are comfortably asleep, your brain and body will commence their natural cyclic pattern.

To stay asleep you can play the recording on "repeat" to run all night. If you should happen to awaken in the middle of the night, the tones and sound patterns will quickly guide you back to sleep.

Remember that you are now in possession of a powerful sonic tool that deeply affects your brainwave patterns. Here's to your restful night's sleep, and the many more to follow.

As you use *Rainstorm Sleepwave*, we encourage you to share your stories with our community of practitioners on Facebook:

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

The Technology

Rainstorm Sleepwave combines a number of powerful brainwave entrainment and psychoacoustic methods, along with an optimized descent and re-engagement curve, to guide listeners into a relaxed state of sleep in a powerful and versatile way that accommodates a wide variety of sleep positions and listening preferences. The technologies in the Rainstorm Sleepwave program are effective even when played without headphones and/or when sleeping on your side.

To achieve this, Rainstorm Sleepwave uses:

- variable carrier wave binaural beats
- subtle-pulse isochronic tones
- frequency and timbre-optimized natural ambiance to soothe and relax the limbic system
- wide-range ambient binaural separation
- frequency specific amplitude modulation
- optimized descent and re-engagement curve to work with the mind-body's natural drift into sleep

About the Developer

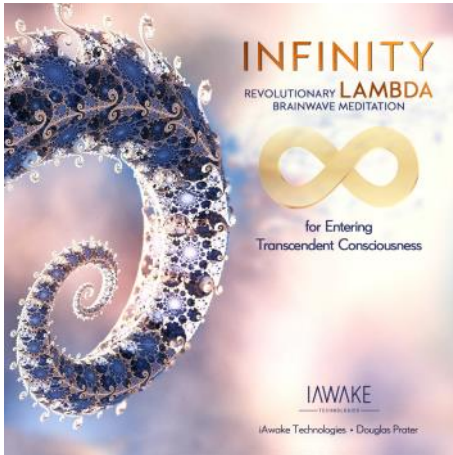


Douglas Prater is an author, meditator, fitness enthusiast, and musician who holds a degree in Music: Sound Recording Technology from Texas State University. Born and raised in Littleton, Colorado, Doug also spent significant periods of his life in Austin, TX, and Atlanta, GA. Always longing to return to the mountains, he now lives in the Smoky Mountains of western North Carolina.

Doug's diverse work experience as an audio engineer, web designer, author, and actor, make his joining iAwake an excellent addition.

Doug has composed and engineered brainwave entrainment audio tracks since 2010 for meditation, creative pursuits, and the attainment of peak performance flow states, and is the developer of the *Stealing Flow* suite, *Stealing Flow - Gamma*, *Stealing Flow - Power Nap*, *Infinity*, and the technology for *The Near Death Experience* and *The Freedom of Forgiveness*. He is also the producer, webmaster, and project manager of *The Journey of Integral Recovery* podcast. Doug is the author of the forthcoming book *The Dharma of Harry Potter: A Muggle's Guide to Buddhism* (and a large catalog of fiction written under a handful of pseudonyms that he won't tell us...we suspect he writes romance novels).

Other Works by Douglas Prater



Infinity

Revolutionary Lambda Brainwave Meditation for Entering Transcendent Consciousness

Infinity is a potent catalyst for spiritual evolution and a groundbreaking leap forward in brainwave entrainment where nothingness and "everythingness" converge into a seamless whole. This revolutionary program guides you into the Lambda state, propelling you to new heights of transcendent consciousness, ineffable stillness, and radiant insight.

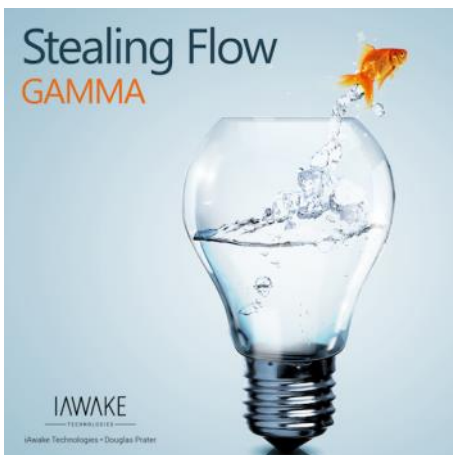
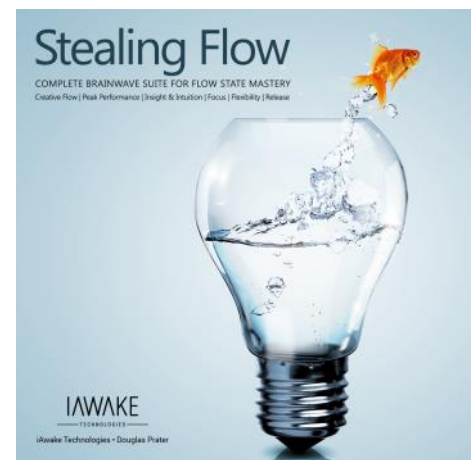
"I really did experience a sense of infinity, of serene timelessness." ~ Lisa Celentano, MA, LMHCA

Stealing Flow

*COMPLETE BRAINWAVE SUITE FOR FLOW STATE MASTERY
Creative Flow | Peak Performance | Insight & Intuition | Focus |
Flexibility | Release*

Dynamic tools to create amazing flow states in your work and daily life.

"I loved these tracks and used them every day whilst working. They increased my output and helped me achieve more effortlessly." ~ KM

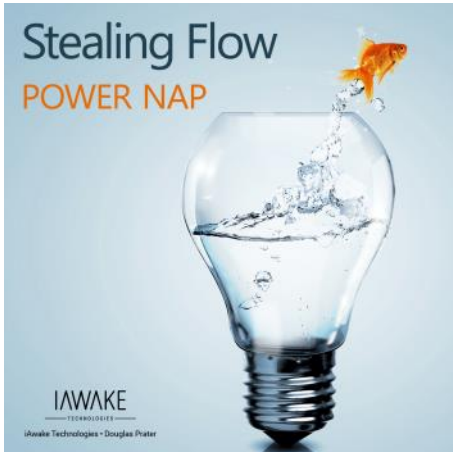


Stealing Flow - Gamma

A wonderful addition to Stealing Flow: Complete Brainwave Suite for Flow State Mastery

Gamma brainwaves are associated with increased energy, feelings of loving kindness, ultra-high information processing, Aha! experiences, creativity, motivation, joy and enthusiasm.

"I first tried Stealing Flow Gamma after I had finished my morning Qigong practice. I immediately felt a subtle energy powerfully coursing throughout my body. I found that I could think very lucidly, and at the same time I was able to turn off my thinking and experience extremely focused quiet mind." ~ John Dupuy



Stealing Flow - Power Nap

Power Napping for increased energy, focus, and creativity

The daily practice of napping with the Power Nap track is deceptively simple, but it has the power to profoundly transform your life and your work.

"Stealing Flow Power Nap is now my go-to track whenever I feel the need for an afternoon siesta. As someone with chronic sleep issues, Power Nap offers me a powerful mid-day relief and opens me up to potential creative breakthroughs that is not possible in a prolonged state of wakefulness.

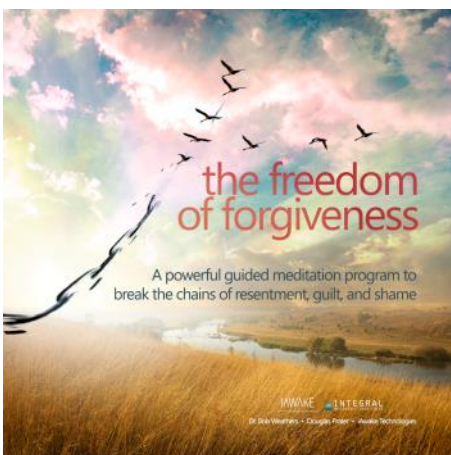
My hope is that by continuously using Power Nap, it will allow me to go deeper and rekindle my relationship with sleep again." ~ Louie

The Near Death Experience (technology)

A Profound and Transformative Guided Journey with Consciousness-Altering Sound Technology

What would happen if you died 8 minutes from now? Would you be ready? Would you feel you had accomplished what you were meant to do, loved well, been awake to our world, or would you feel that you have wasted time? The Near Death Experience takes you on a profound and guided journey, infused with iAwake's consciousness-altering sound technology, to discover what truly matters - now.

"I cannot wait to recommend this product to all the clients and people I care about in my life." ~ Lauren Kehoe



The Freedom of Forgiveness (technology)

Self-Compassion as Daily Practice

Wisdom and compassion emerge from the forgiving heart.

Forgiveness is essential for healing, transformation, and authentic happiness. We have all been hurt by others, and we have all hurt others ourselves. With The Freedom of Forgiveness, Dr. Bob Weathers and Douglas Prater have created a powerful new tool and practice to help us experience the freedom of forgiveness.

A joint project between iAwake Technologies & Integral Recovery Institute

"So THIS is what extreme peace feels like! I loved it! ~ EZ

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:

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



Coaching:

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



FAQ:

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



Blog:

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

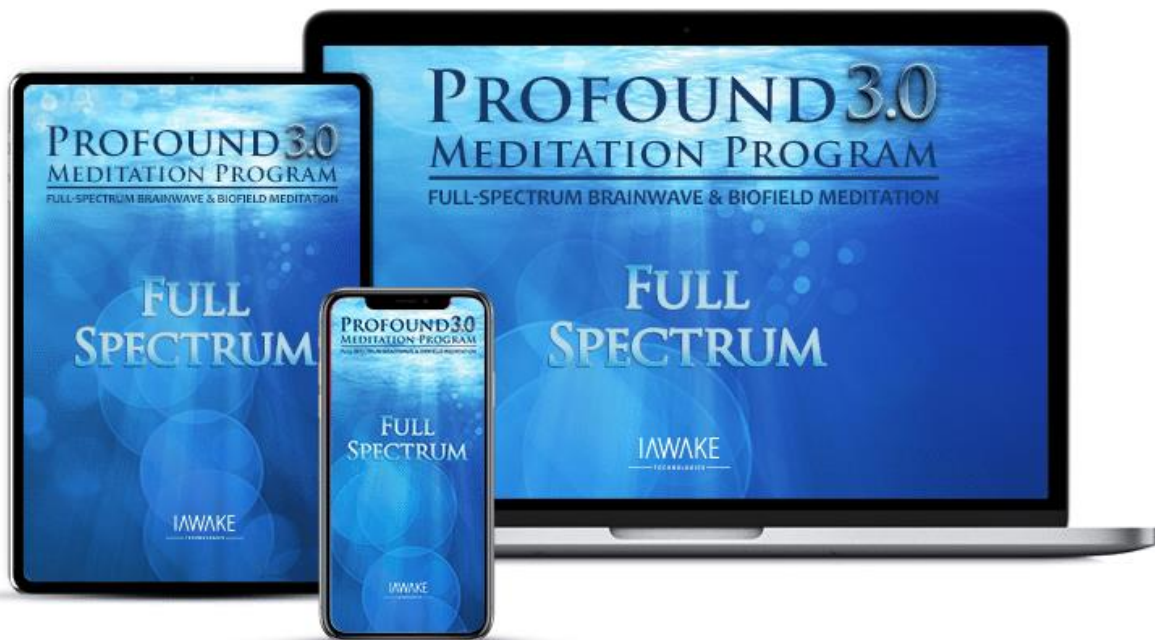


Customer Support:

support@iawaketechnologies.com

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.iawaketechologies.com