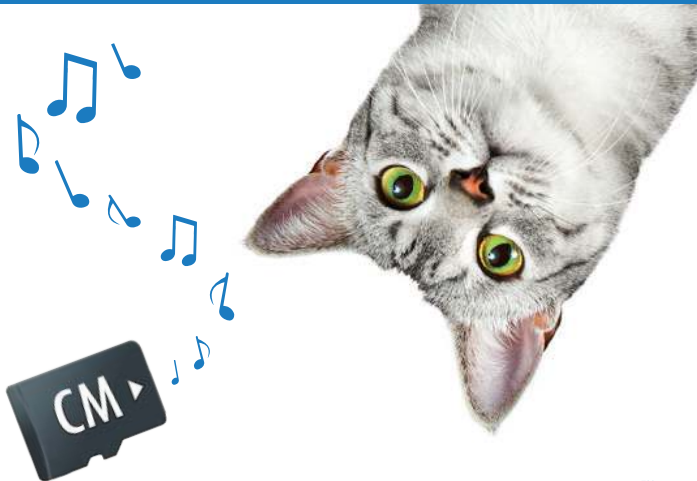


INSTRUCTIONS FOR USE

Cat Calming

specialized music from *Through a Cat's Ear*™



iCalmPet™

Music for Cats

After the 2008 release of the book and music of *Through a Dog's Ear*, requests for soundtracks designed for cats were constant. By 2013, we gathered enough research to feel confident designing music specifically for felines.

Cat Calming is designed to reduce stress in a chaotic or unsettling environment.

With best of intentions, people bring pets into a human sensory environment and expect quick adaptation. Sometimes cats adjust easily... but many times they just can't find their balance.

Our sonic toolkit originates from sound therapies with neurodevelopmentally-challenged humans in which tone, tempo, and pattern are highly considered. We've adapted these psychoacoustic principles for cats. To address the feline auditory system, we've developed a technique called Sonic Anchoring. We also utilize Frequency Modulation. Both techniques are explained later in this booklet.

Cats thrive in a stable and unchanging environment. The feedback we've received from shelters and homes is that these auditory techniques help bring constancy. We strive to understand and help restore balance for our furry friends.

Sonic Anchoring

Our goal is to create a psychological sense of safety that arises from familiarity. We accomplish this through a recognizable sequence of tones. While people hear these interludes as repeating melodic intervals, perhaps cats cognitively categorize this information as a familiar frequency matrix. Cats are not so much hearing the melody, but feeling a sequence of vibrational frequencies, particularly when near the source of sound. Like sensory information we instantly recognize—a favorite aroma, our best friend's voice—familiar sensory cues can have a profound and calming impact on the nervous system while providing a mental or emotional sense of security. With Sonic Anchoring, we create sonic familiarity by repeating a similar sequence of notes after every few music tracks.

Frequency Modulation

To further focus the therapeutic impact, we've removed higher frequencies from the re-arranged piano music. Frequency modulation also takes place in the mid- and low-frequency ranges. Essentially, by reducing or boosting specific frequencies of sound, the resonance affects the nervous system. Through frequency modulation, "arousing" frequencies are reduced and "soothing" frequencies are increased.

Cat Calming Track Titles

Featuring music by *Through a Cat's Ear*

- | | | | |
|-----------------|------|---------------|------|
| 1. CPE Bach | 6:31 | 19. Chopin | 6:52 |
| 2. Tchaikovsky | 4:07 | 20. CPE Bach | 0:51 |
| 3. Schubert | 6:45 | 21. Hauser | 2:43 |
| 4. CPE Bach | 0:51 | 22. Mozart | 7:28 |
| 5. Ilyinsky | 2:36 | 23. CPE Bach | 1:52 |
| 6. Chopin | 8:36 | 24. Chopin | 4:25 |
| 7. CPE Bach | 1:52 | 25. Schumann | 6:02 |
| 8. Gluck | 4:16 | 26. CPE Bach | 1:40 |
| 9. Gluck | 4:33 | 27. Debussy | 6:05 |
| 10. Gluck | 2:36 | 28. Debussy | 3:08 |
| 11. CPE Bach | 1:40 | 29. CPE Bach | 1:06 |
| 12. Brahms | 5:36 | 30. Chopin | 6:50 |
| 13. Schubert | 5:48 | 31. Karganoff | 3:56 |
| 14. CPE Bach | 1:06 | 32. CPE Bach | 0:48 |
| 15. Moussorgsky | 5:23 | 33. Faure | 4:21 |
| 16. Chaminade | 6:11 | 34. Debussy | 5:51 |
| 17. CPE Bach | 0:48 | 35. CPE Bach | 0:51 |
| 18. Chopin | 3:33 | 36. Beethoven | 4:09 |

37. Skulta	5:24
38. CPE Bach	1:06
39. Brahms	6:10
40. Schubert	4:35
41. CPE Bach	2:40
42. Handel	7:58
43. Beethoven	8:05

Total Running Time: 3 hours

Uses for *Cat Calming*

- Riding in the car
- Arrival of visitors
- Going to the vet clinic
- Construction noise
- New stimuli or people in the environment
- Change of homes
- Introducing a new appliance with sound
- Recovery from illness
- Loss of appetite
- Introducing a new baby or pet
- Last stages of life

Volume and Placement

We recommend playing *Cat Calming* at a low to medium volume. Of course, it depends on the size of the room and your cat's proximity to the music source. But, in general, if you play *Cat Calming* music at full volume, it's probably too loud for your cat.

Introducing the Music to Your Cat

If your cat lives in a chaotic or changing environment, we suggest you first play *Cat Calming* when your cat is not exhibiting anxiety, such as when at rest or napping. This will allow your cat to associate *Cat Calming* music with a positive state of being. When you have done this at least four times, proceed by playing it shortly before your cat is exposed to a situation that often causes anxiety.

If the music doesn't keep your cat calm at first, stop and use it several more times while your cat is not anxious. Play *Cat Calming* often. We want your cat to become very familiar with this music. However, we also recommend periods of silence; the music doesn't need to be played continuously to be effective.

Micro SD Music Library for Pets and People

DOGS

Calm Your Canine

Relieves stress, quiets sound phobias and stops barking

iCalmDog Reggae

Fun, effective calming & great addition to classical offerings

A Calm Variety

Add variety to your canine's playlist for a longer calming effect

Calm Your Puppy

Calming music for young dogs
(6 wks-18 mos.)

Elderly Canine

Calming music designed for senior dogs

Separation Anxiety

Helps relieve stress when alone
w/ intermittent music/silence

Aggression

Training program to calm reactive and fearful dogs

In the Car

Keeps dogs relaxed and people alert

Human-Animal Bond

Calms dogs while stimulating the human brain

Thunderstorms

Trains dogs to remain calm with thunder

Fireworks

Trains dogs to stay calm during fireworks

City Sounds

Trains dogs to acclimate to urban sounds

PEOPLE	DeStress Slows brainwaves, heart rate and breath	Focus Supports focus and concentration	Sleep Lulls mind and body to deep sleep
	Cat Calming Reduces feline anxiety	Stimulation Lively music for sensory enrichment	Noise Phobias Reduces fear of noises
CATS			

Visit iCalmPet.com or Amazon for *iCalmPet's* complete Micro SD music library. We have audio programs for different stages of life, environments, and behaviors.



About Micro SD Cards

Micro SD Cards are easily interchangeable memory cards used in devices with a Micro SD port or SD port w/adapter.

In addition to iCalm speakers, other compatible devices include MP3 players, portable speakers, computers, etc.

iCalm speakers provide excellent sound, are easy-to-use, multi-functional, portable, and Bluetooth enabled.

Find these speakers, music, and more at:

iCalmPet.com/shop

If using an iCalm speaker, insert the Micro SD card with gold strips facing down.



Micro SD Card Port

Music Availability

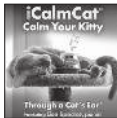
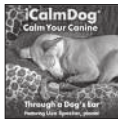
Through a Dog's Ear and *Through a Cat's Ear* titles can also be found on CD, download, and streaming platforms.

Downloads: Available directly from iCalmPet.com.

Streaming: Several of our compilation albums can now be found on Apple Music, Amazon Music, Spotify, etc.

Type in search terms *Through a Dog's Ear*, *iCalmDog*, *iCalmDog Reggae*, *Calm Your Canine*, *Through a Cat's Ear*, or *iCalmCat*. Our multi-hour soundtracks can be set to auto-repeat for a full day of listening.

Beware ne'er-do-well competitors: To ensure you're hearing genuine iCalmPet music, make sure album artwork on streaming page looks like these images.



Cat Calming

Featuring music by *Through a Cat's Ear™*

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through a
cat's ear®



Share Your Experiences

Sound and music therapy for dogs and cats is an art and science. Your feedback is always appreciated.

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The iCalmPet™ Mission

We believe auditory awareness helps everybody live more comfortably in a complex sensory world.

We create specialized music and sound recordings for dogs, cats, and the people who love them.

Worry and unease are soothed by calming tempos, warm sounds, and familiar patterns.

When we are calm, life feels sweeter, safer, and easier.