

INSTRUCTIONS FOR USE

Noise Phobias

music and sound effects for desensitization



iCalmPet™

Sound Therapy for Cats

“Welcome to our world!” With this greeting, your kitten begins a journey into the human sensory environment of bright lights, curious smells, and compelling tastes. But what about the unnatural sounds in the human auditory domain, like fireworks, construction, traffic, new people, appliances? These artificial sounds are foreign and often frightening to developing feline ears.

Noise Phobias is a sonic inoculation for your new housemate. Repeated playing will gently introduce her to common noises. Set against the backdrop of elegant piano music, these soundtracks will acclimate your young cat with a conditioned response of positive association.

Your cat will come to recognize and remember these sounds as part of a peaceful home environment. When confronted with these sounds without the music, ideally there will be recollection without fear.

Noise Phobias strives to prevent, wherever possible, feline anxiety. What better place to start than with kittens—preventing anxiety reactions and sound phobias before they ever develop?

Sonic Anchoring

The music on *Noise Phobias* sounds repetitive by design. Of 22 tracks, 11 interludes are melodic fragments from Vivaldi's *Winter Largo* from "Four Seasons."

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, a mother's touch—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 focus the therapeutic impact of *Noise Phobias*, we've removed many higher frequencies of the music to calm your cat's nervous system. This alteration of sound is referred to as **frequency modulation**. High frequencies tend to charge or excite the nervous system, while mid-range and low frequencies tend to discharge or soothe.

Essentially, by reducing the dosage of high frequencies of sound, we've made assimilation of the music easier for a stressed or weakened feline nervous system.

How to Use *Noise Phobias*

Introducing the Music to Your Cat

We recommend the introduction of *Cat Calming* for at least an hour a day for 3–5 days. You may start on any soundtrack. After your cat is calm and content with that music, introduce *Noise Phobias*. The familiar calming music in *Cat Calming* (underneath the household/outdoor sounds) helps keep your cat below a stress threshold and builds positive associations to these foreign sounds.

Calm times are the best times. Note: only *Cat Calming* is appropriate to leave playing when your cat is alone.

Repeated playing may assist cats already reactive to certain sounds. This takes place with the rebuilding of a positive association. If your cat hears what has been a disturbing sound, but now in the context of calm and pleasurable surroundings, they may lose their fear of that auditory stimulation.

We recommend starting this program with young cats, weeks 6–16 of age; however, these soundtracks can bring value anywhere in the feline age cycle.

Volume and Placement

We recommend playing *Noise Phobias* 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 *Noise Phobias* music at full volume, it's probably too loud for your cat. It is best to set the music at a volume that is comfortable for all ears.

Frequency and Usage

We suggest *Noise Phobias* becomes part of your daily routine. You will know positive association is taking root when you notice your cat absorbing similar noises (without music) with minimal reactivity. Because every feline is different, it is hard to quantify. However, use your best judgment about when to minimize this application.

We recommend you play *Noise Phobias* in some fashion through the 15-month kitten period. If you stop, you can always come back to it. For adult cats, we recommend very gentle daily exposure. As noted previously in these instructions, every cat is different. Adult cats become very settled in their ways. You will have to be the judge of when this music creates a positive effect.

Noise Phobias Tracks

Featuring music by *Through a Cat's Ear*

1. Vivaldi	4:01	13. Vivaldi	0:22
2. Rachmaninoff (visitors)	5:38	14. Beethoven (thunderstorms)	4:09
3. Vivaldi	0:22	15. Vivaldi	1:57
4. Massanet	2:37	16. Chopin	3:12
5. Vivaldi	0:19	17. Vivaldi	0:19
6. Gounod (appliances)	4:10	18. Chaminade (fireworks)	7:07
7. Vivaldi	0:22	19. Vivaldi	1:20
8. Schumann	2:39	20. Bach	4:42
9. Vivaldi	1:20	21. Vivaldi	0:55
10. Beethoven (renovation)	4:49	22. Satie (traffic)	6:30
11. Vivaldi	0:19		
12. Brahms	2:16	Total running time:	61:07

Full track titles: icalmpet.com/about/composition-titles

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

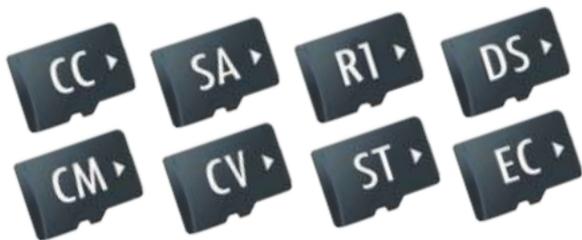
Trains dogs to stay calm during fireworks

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/adaptor.

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

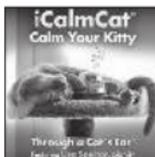
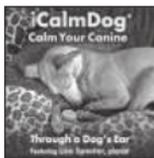
Through a Dog's Ear and *Through a Cat's Ear* titles can also be found on CD, download, and streaming platforms.

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.



Noise Phobias

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.

Contact info

CustomerSupport@iCalmPet.com

[Facebook.com/iCalmPet](https://www.facebook.com/iCalmPet)

[Instagram.com/iCalmPet](https://www.instagram.com/iCalmPet)

US: 800-788-0949 | **Int'l:** +1 541-482-2134

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.