

## Sleep

lulls mind and body to deep sleep

## *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.**



### **Why Music for People?**

In 2003, the same year *Through a Dog's Ear* was started, animal behaviorist Patricia McConnell wrote a great book entitled, *The Other End of the Leash: Why We Do What We Do Around Dogs*. Dr. McConnell's perceptive thinking really impacted iCalmPet. We already knew about the sensitivity of our animals, and how they are so tuned to us. But, from the "other end of the leash" vantage point, the question arose... what's the resonance that WE bring into our pet households?

When the iCalmPet team started thinking about this, we decided it would be beneficial to provide musical remedies for people, too. The music of Focus on Task is made specifically for your human nervous system.

The tones, tempos, and patterns have been well-planned to help you relax, sleep, or concentrate. The calmer you are, the calmer your animals will be.

Enjoy,

Joshua Leeds, iCalmPet co-founder & music producer

### **What is Psychoacoustics?**

Psychoacoustics may be defined as a branch of science dealing with hearing, the sensations produced by sounds, and the problems of communication. Psychoacoustics may also be thought of as the study of the perception of sound.

As a psychoacoustician, Joshua Leeds has studied the effect of music and sound on the human nervous system. After decades of research and observation, he's learned that auditory input has a greater impact on the body and psyche than most people think. When our auditory process is under- or overwhelmed, or when we have difficulty processing sound properly, there can be multiple and far-reaching ramifications.

Over the last fifty years, musicians, producers, and therapeutic professionals have clarified and innovated music and sound techniques that naturally affect our primary body pulses—brain waves, heart rate, and breath. The human body can now be played in a purposeful way.

At BioAcoustic Research, we employ these three natural processes in our soundtracks:

- Resonance (the ability of one vibration to alter another)
- Entrainment (periodic external rhythms to speed up or slow down primary body pulses)
- Auditory pattern identification (active listening / passive hearing)

When we add tone, tempo, and pattern to the classic music palette of harmony, melody and form, we have tools to create potent soundtracks for specific purposes.

## **How to Use *Sleep***

No special gear or attention is needed. All you have to do is go to work. Gentle volumes are best for relaxing the nervous system. Simply let it play in the background and zero in on what you're doing.

## **How does *Focus on Task Work*?**

Initially created and released on micro SD sound card for iCalm players, and because iCalm players have an automatic repeat function, an extra track of 10-hours of silence has been added at the end of the *Sleep* sound card to keep you from being awakened by repeating music.

Since you are listening to the Download release, we highly recommend that you set your player to play the tracks in order, and just one time through. In other words, do not set it to loop or replay.

The architecture of the first hour-long music section is designed to slowly bring you down into lower heart rate and brainwave states and leave you there for a good night's sleep.

The progressively slowing tempos and simplified orchestral densities do not bring the listener back up to normal waking states. This is left for the body's natural function.

Therefore, by dropping off into silence after the first hour of music facilitates a good, long sleep.

## Sleep Compositions

1. Mahler	Variations #1: Letting Go (Piano/Viola)	05:50
2. Mahler	Poco adagio (Ensemble)	07:55
3. Mahler	Foghorn Melodies (English horn, Bass, Ocean)	17:10
4. Mahler	Variations #2: Dreamtime (Piano/Viola)	03:26
5. Mahler	Floating (Alto flute/Viola/Ocean)	11:20
6. Mahler	Variation #3: Drifting (Piano/Viola/Ocean)	05:13
7. Mahler	Poco adagio (Ensemble strings)	09:06

Total running time approx. 1:00:32

For full track titles, see: [icalmpet.com/about/composition-titles/](http://icalmpet.com/about/composition-titles/)

**iCalmPet Download Music Library**

DOGS	<b>Calm Your Canine</b> Helps reduce stress, sound phobias and stops barking	<b>iCalmDog Reggae</b> A fun addition to your dog's playlist & great addition to classical offerings	<b>A Calm Variety</b> A variety of your canine's playlist for a longer calming effect
	<b>Calm Your Puppy</b> Calming music for young dogs (6 wks-18 mos.)	<b>Elderly Canine</b> Calming music designed for senior dogs	<b>Separation Anxiety</b> Helps relieve stress when alone w/ intermittent music/silence
	<b>Aggression</b> Training program to calm reactive and fearful dogs	<b>In the Car</b> Keeps dogs relaxed and people alert	<b>Human-Animal Bond</b> Calms dogs while stimulating the human brain
	<b>Thunderstorms</b> Trains dogs to remain calm with thunder	<b>Fireworks</b> Trains dogs to stay calm during fireworks	<b>City Sounds</b> Trains dogs to acclimate to urban sounds

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

Visit [iCalmPet.com](http://iCalmPet.com) or Amazon for *iCalmPet's* complete Micro SD music library. We have audio programs for different stages of life, environments, and behaviors.

**iCalmPet™**