



music for
dreaming.



music for dreaming

Lullabies for babies and adults to dream to.

"At least nine out of ten babies settle almost immediately by this music ... We also teach deep relaxation therapy to the mothers, and again we use the music for that."

Ms Alice Yarni, Mother-Baby Unit Manager, Northpark Hospital, Victoria, Australia.

It is hard to believe that something as simple as music could be the solution needed by parents to calm and soothe an unsettled baby. Yet through this innovative music therapy album – **Music For Dreaming** is now being used as an effective treatment in assisting babies to feed more efficiently and settle more effectively in leading Maternity and Children's Hospitals throughout Australia and at home.

Music For Dreaming is performed by an ensemble of Australia's finest musicians from the Melbourne Symphony Orchestra. Traditional lullabies have been arranged as one continuous piece of almost an hour of gently flowing music. The rhythm and tempo on the album replicates the resting heartbeat, producing a constant natural calming effect. Vocals have not been used in this recording as research has shown that babies are most responsive to their parent's voice. Hearing is our first sense to develop. In the safety of the womb and in our sleep, we are aware of sound. Sshh. Listen.... Sweet Dreams.

Available at all good music stores on CD and Cassette

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