

"We are very selective in the music we choose so it is reassuring that Music for Dreaming is backed up by respected research."

**Royal Children's Hospital,
Melbourne, Australia**

A cherished vision...

Soothing babies and mothers through the universal language of music has become a reality in Music for Dreaming, which is based on a unique blend of music and medical research.

Music can have a profoundly natural therapeutic effect in calming the senses and relaxing the listener, through the selection of natural rhythm, major keys and instrumentation.

At only seven months within the womb a baby perceives the regular rhythms and pulsations of the internal world, that are associated with comfort and security.

The rhythm chosen for this music replicates the human heartbeat, and the tempo is that of the resting human pulse. This forms a soothing rhythmical link from the internal experience to the external world.

To enhance balance and harmony in the mind and body, the music has been arranged in major keys. Studies show that the key of F major relates to the mind and the key of C major relates to the heart. These keys have been specifically used in conjunction with a restful rhythm to release feelings of pleasure and wellbeing.

Traditional instruments create a natural rich harmonic quality that is not present in computer generated synthesised sound. The flute, strings and harp in this recording create a pure sound that is so soothing to the ear that it nourishes and protects your baby's and your delicate hearing and sensitive nervous system.

These melodies were arranged as one continuous instrumental piece and produced to be played softly. Almost two hours, this music has a constant calming effect that carries you and your baby from lighter to deeper relaxation and into sleep.

Shh listen... rest drift dream

"The CD was played to a room full of infants with chronic sleep disorders - all of whom were unsettled: The most disturbed child settled regularly with the use of Music for Dreaming."

**Paediatric Sleep Unit, John Hunter Children's Hospital,
Newcastle, Australia**

"We have found Music for Dreaming a most useful tool in Family Centre work. The music has a calming effect on most babies and children. It is fascinating to watch a restless, crying baby settle to this music."

Nurse Evelyn Tritschler, Plunket, Christchurch, New Zealand

"We have used Music for Dreaming in our neonatal nurseries and have found it to be helpful for soothing babies who are distressed... We like the quality of the sound, the smooth transitions from tune to tune, and the way the rhythm seems to fit comfortable physiological patterns"

Winnicott Baby Unit, St Mary's Hospital, London, UK

"It is a beautiful CD and one of the only CDs I feel comfortable recommending in its entirety for fragile infants."

**Department of Rehabilitation Therapy
University of Iowa Hospitals/Clinics, Iowa, USA**

www.musicfordreaming.com



deeply relaxing for mother...

Music for Dreaming will help you unwind from the hectic pace of daily life, assisting you on the journey of motherhood, from pregnancy, through labour and birth and the many years beyond.

You don't have to do anything. Just sit back... let the soothing sounds of the music wash over you and deeply relax you.

Pregnancy

This continuous instrumental music, without vocals, is designed to reduce stimulation – assisting you to practise deep relaxation in preparation for labour and birth.

As you listen to the music during your pregnancy, your baby is relaxing too – in utero.

Labour & Birth

The uninterrupted gentle flow and constant rhythm of the music supports you during labour, helping you remain calm and focused, allowing labour to progress naturally.

Beyond

The best gift for any mother is a calm and settled baby. There is nothing more distressing than when your baby is unsettled. Music for Dreaming helps to calm you both down, and it works for fathers too.

gently soothes baby to sleep...

Settling cues for your baby begin during pregnancy. From seven months on in the womb, your baby is aware of sound and is soothed and relaxed by this music. Once born, your baby recognises this familiar music and associates it with safety and security.

Routine

Introduce the music at a specific time when your baby is content and secure, such as while feeding. This will help to reinforce a positive association.

Routine is important when establishing sleep patterns. Use the music during your baby's sleep times for at least ten consecutive days.

Communication

Close your eyes so your baby will imitate your body language, as your baby is very responsive to facial gestures.

Your baby loves the sound of your voice. Humming along with the music to your baby enhances its soothing quality.

Touch

Gently holding baby, facing in, on the left side of your body, over the heart provides increased comfort and security.

Massage your baby in time with the music, using slow downward gentle strokes along the full length of the baby's body. This is very calming.