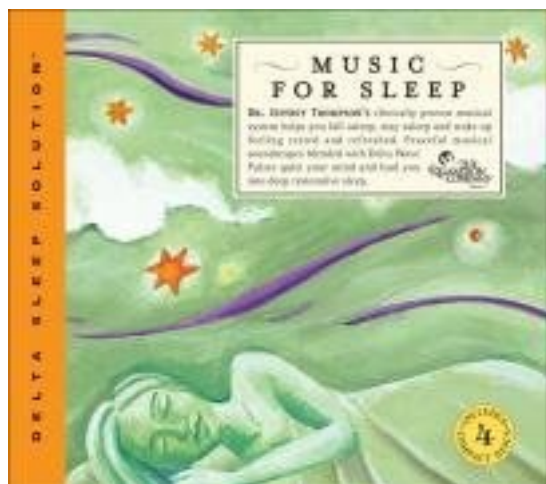


# Music for Sleep



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CD 1) Classical Music for Sleep. Specifically selected and sequenced Baroque, Romantic and Classical music composed by Holst, Barber, Mendssohn, Elgar, Chopin and others. CD 2) Natural Music for Sleep Soft melodic compositions combined with soothing sounds of nature. CD 3) Ambient Music for Sleep A free floating, ethereal musical soundtrack to relax your body and calm your mind. CD 4) Peaceful Music for Sleep Tranquil melodies to guide you to rejuvenating and restful sleep Alternate between these four soothing recordings for a more varied and effective listening experience.

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