



The **brainLight**<sup>®</sup>-Clever-Programs:  
A Positive Learning Experience and Training

**brainLight**<sup>®</sup>

LIFE IN BALANCE

◆◆◆ Since 1988 ◆◆◆

# Introduction

With the **brainLight-Clever-Programs**, you can train your brain by stimulating it audio-visually with scientifically proven frequencies. This way you can help your child or yourself to learn successfully with fun, relaxation and motivation.

We are all endowed with unlimited potential and vast mental reserves from which we can draw to achieve our goals. When we are able to tap into our inner mental resources, we find it easiest to recognize and develop our strengths. With the **brainLight-Clever-Programs**, you can give your children and yourself an exciting opportunity to balance body and mind and (re)discover a passion for learning.

We are born with a passion for learning. Together with our closest caregivers such as parents, siblings and friends, we conquer the world with play, curiosity and the joy of challenges. The **Clever-Programs** are therefore dedicated to the essential skills needed to engage with a learning environment in a sustainable, balanced

and successful way in order to develop one's own personality. These include topics such as concentration, attention, positive motivation, problem solving, relaxation and sleep.

The Clever-Programs are available in two versions:

- **Clever-Programs with music**, which include light and sound frequencies, and music that is carefully tailored to each topic area.
- **Clever-Programs without music**, which only contain light and sound frequencies and can be used without or together with your personal music or personal learning content (via cell phone, CD player, laptop, etc.). With a **brainLight-Synchro**, you can connect an external sound source via the Audio IN interface and thus combine the light and sound frequencies with music or personal learning content of your choice.

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# Recommendations for Use

The **brainLight-Deep-Relaxation-System** is a technological solution that combines and supports various relaxation techniques. With light and sound impulses transmitted via headphones and visualization glasses, the audio-visual system guides users quickly and reliably from a tense state to a state of relaxation. Even inexperienced users can quickly switch off from everyday life and regenerate.

It's easy to use: put on your headphones and get your visualization glasses ready. Start the program:

→ With a **Synchro PRO**, by touching the digit(s) of your desired program on the pyramid's touch keyboard. The selected number appears on the display. A 5-second countdown begins, during which you can still correct the program selection by simply entering the digit(s) of another program. You can cancel your session at any time by touching the middle of the 0 (zero) button for approx. 2 seconds until "Bitte warten / Please wait" appears on the display.

→ With a **relaxTower PRO**, by entering the program number(s) on the keypad of the relaxTower PRO. You can cancel your session at any time by pressing the star button.

If you are enjoying the audio-visual **brainLight-Deep-Relaxation** experience for the first time, please ALWAYS start with **Program 401: Introduction + Session**.

If you use the **Clever-Programs** with a **brainLight-System** with a Shiatsu massage chair, there is no massage during the session. **However, the massage chair moves back a little to the rest position.**

# Contraindications

For sessions with an audio-visual **brainLight-System** with or without a Shiatsu massage chair:

Use the **Clever-Programs** without visualization glasses if you or your child are epileptic or photosensitive, have a pacemaker or if you are pregnant.

Thanks to the acoustic signals transmitted via the headphones, the audio-visual **brainLight-System** also works without visualization glasses, just less intense.



Please note that mental and physical disorders can have physical causes as well as stress. Therefore, please speak to your pediatrician or family doctor to clarify any persistent symptoms.



# Mental Training with **brainLight**®

**We do not question the fact that our bodies can be influenced by targeted training. It is also generally known that there is a whole range of aspects that can be trained on a physical level: We can not only build muscle and develop strength, but also work on our flexibility and endurance, perfect very specific movement sequences and our coordination, train our balance and even learn to smell and hear better. The list is probably as long as our bodies are complex. Our minds are no different.**

However, far fewer people consciously devote themselves to their mental fitness. Here, too, there is a wide range of very different potential skills that can be positively influenced: We can train our memory and our ability to concentrate, work on the speed with which we grasp connections and increase our creativity. We can even work on our inner attitude, uncover negative thought patterns that get in our way and learn to think positively and face challenges with optimism.

Both our body and our mind are naturally designed to work as energy-efficiently as possible. This can be seen, for example, in the fact that muscles that are not used regress and that muscles try to adapt their strength precisely to the demands placed on them - so that these can be performed with as little energy as possible in the future.

On a mental level, this means that we remember things well if we remind ourselves of them regularly and that we can concentrate better the more often we are in the mental state that is a prerequisite for clear focus. However, this also means that we tend to think standardized, immediately retrievable thoughts, the creation of which costs us little energy. The more automated our thought patterns are, the more quickly they are readily available.

Since thoughts and feelings occur in reaction to each other, such "thought grooves" usually trigger equally standardized chains of feelings in us. If we simply

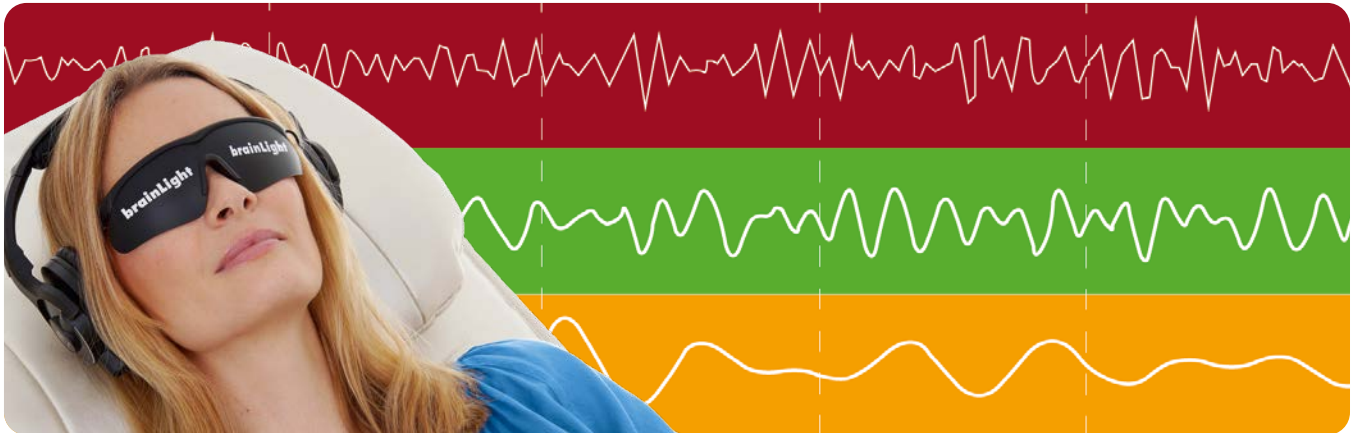
# Mental Training with **brainLight**®

abandon ourselves to our innate “energy-saving mode” instead of using it, we quickly become trapped in a merry-go-round of involuntary thoughts and feelings and also live physically far below our capabilities.

Through an active and conscious lifestyle, we can realize our personal potential, whereby the following

applies equally to mental and physical workouts: regularity leads to success.

But: work with your body / mind, not against it. Sessions with a **brainLight**-System stimulate the brain to reach states that occur naturally, so you are working “with the mind”.



# Conscious and Subconscious Mental Processes

To better understand mental training, it helps to distinguish between conscious and subconscious mental processes. The first category includes everything that you can perform and practice at will - more or less well, depending on how "trained" you are: Your ability to concentrate, to remember, to be creative, to learning new information, etc. With the help of the **brainLight**-System, you can specifically stimulate and thus train the state your brain is in when you are best able to concentrate and learn.

Subconscious processes primarily include standardized thought patterns and any associated emotional reactions that simply occur in you unintentionally. These are not necessarily negative. The key to mental training in this area is first of all to become aware of the processes that run automatically and to check whether they are supportive or get in your way. The second step is to dissolve the thought patterns and attitudes recognized as negative and replace them with new ones, using various mental techniques that work in the subconscious.

As it is easier to access the subconscious through certain light and sound frequencies, these techniques are particularly effective in combination with the **brainLight**-System. Mental training in the area of the subconscious mind gives you the opportunity to take responsibility for your thoughts and feelings and therefore also for the attitude with which you approach your fellow human beings and your life. As conscious and subconscious mental processes are interlinked, it is often helpful in practical implementation to approach a mental goal from both sides. A good example is the subject of learning: whether it is a new language or studying content for an exam or a presentation, it is obvious to use the **brainLight**-System to carry out a "learning program". However, it can also be helpful to work on your self-confidence with a **brainLight**-Program if negative thought patterns or experiences (such as "I couldn't remember anything at school") get in the way of your learning. As stress is the trigger for many mental blockages (and physical complaints), the majority of **brainLight**-Programs are aimed at reducing



# When and how often?

stress. Because many things, if not everything, are easier when you are in a relaxed state. And with the **brainLight**-System, relaxation can be practiced.

**Training conscious mental processes (increasing concentration, creativity, memory, relaxation, learning, etc.):** The more regularly you bring your brain into the state in which it concentrates best, learns, is relaxed, etc., the more likely it is that this will occur more and more easily on its own, even without using **brainLight**. Observe yourself to determine when it makes sense to use **brainLight** and when you don't need it.

**Training of subconscious mental processes (changing negative thought patterns, emotional chains and habits; building new, positive attitudes, emotional chains, habits):** Here it is advisable to carry out the appropriate deep suggestion or mental training program 21 times in a row, preferably at the same day or time. This should either be done on 21 consecutive

days or spread over a period of 7 weeks with three sessions per week.

**As a general rule**, the program titles and descriptions will tell you which session is most suitable depending on the situation or time of day. Try out programs and observe which titles are right for you. Listen to your needs.



# Example: Learning with the **brainLight**<sup>®</sup>-System

Learning and memorizing new information – a new language, a lecture, exam content – is particularly effective, as well as calming with the help of the **brainLight-Synchro PRO**. We recommend the following approach:

## 1. Relaxation

Relaxation is the optimal starting point for learning. If you are already relaxed, you can go straight to step 2. Otherwise you should start with a **brainLight** relaxation program of your choice.

## 2. Active learning phase

The active learning phase is about consciously reading the information that needs to be learned. For this reason, you will be working in this phase without visualization glasses and only with sound frequencies. Use the program guide to select a tutorial program from the fixed and frequency-fixed programs\* or one of the **“Clever-Programs without music”** and start it with a recording of the information you want to learn (from page 20

on there is more information). In the case of a language-learning-course, begin with the unit you are currently working on; for most other types of information, you can record it yourself (which is easily possible with most mobile phones and computers thanks to modern technology). This is helpful, because the subconscious reacts very receptive to one’s own voice. As already mentioned: read along while listening – preferably out loud.

## 3. Passive learning phase

After the active learning phase you will internalize what you just heard/read. Make yourself comfortable, put on visualization glasses and headphones and restart the learning program\* together with the recording. During this phase it isn’t important to be consciously focusing on what you hear. Instead, it’s about anchoring the content in your subconscious.

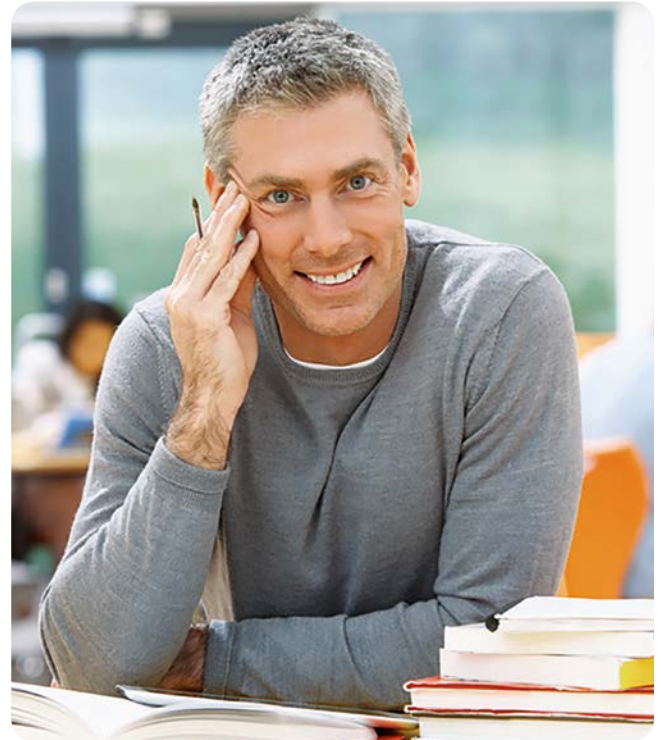
# Example: Learning with the **brainLight**<sup>®</sup>-System

\* Suitable are the fixed and frequency-fixed programs:

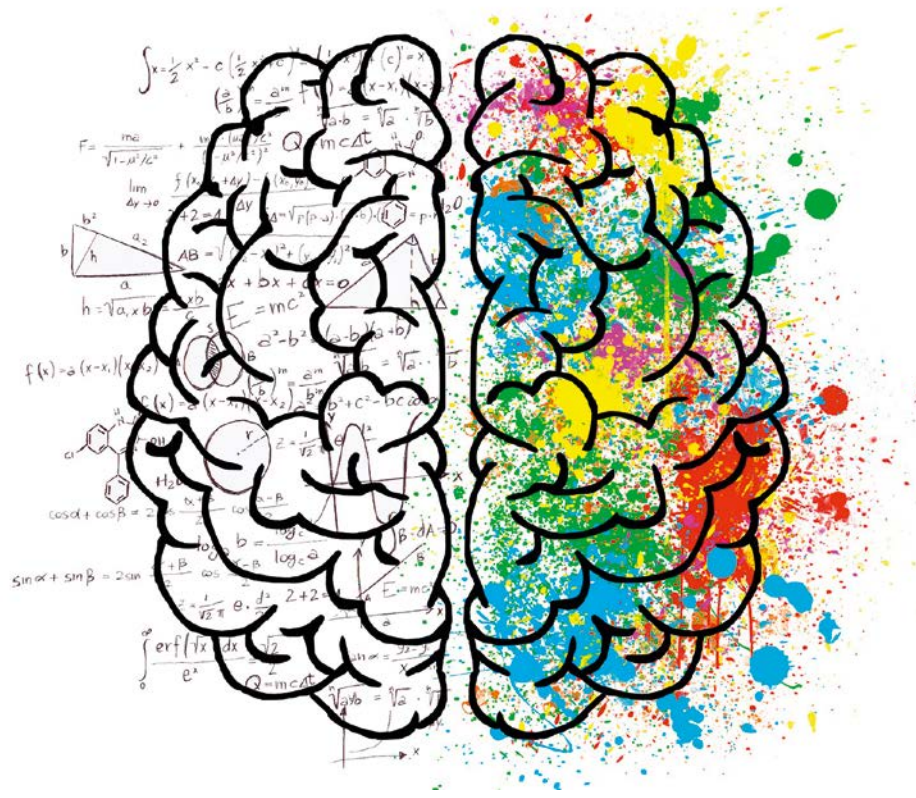
- P 911 "Learning program"
- P 915/916 "Mental training, Superlearning I/II"
- P 926 "Energy, learning"
- P 936 "Learning languages" and
- P 940 "Memory increase".

## TIPS:

- The optimal studying time is a maximum of 30 minutes per learning program.
- After every learning phase you should drink a glass of water, which supports your brain to absorb information.
- Regular learning with this method leads quickly to success.
- **Bonus:** through using **brainLight**, you simultaneously reduce stress as well as increase quickly your energy, ability to concentrate and your general well-being.



# Positive Learning Experiences



# Positive Learning Experiences

**Our brain is divided into a left and right hemisphere. The left part is mainly responsible for logical, analytical thinking, while the right part is responsible for problem solving. This is why the left hemisphere is in constant communication with us; the right hemisphere, on the other hand, is busy recording and interpreting our thoughts.**

When the left and right hemispheres of the brain are in balance, it is easier to set achievable goals and make the right decisions along the way. This leads to a constant experience of self-efficacy and competence, which is essential for the realization of one's own ideas and wishes.

The **brainLight**-Relaxation-System can have a particularly supportive effect on the balance of the left and right hemispheres of the brain and thus increase the experience of self-efficacy and competence. The light and sound frequencies used in the **brainLight-Clever-Programs** are carefully selected for each program and

designed to support the brain in its receptivity.

The **brainLight-Clever-Programs** can be used by all family members: e.g. the **"Deep Sleep and Rest"** program for a relaxed sleep, the **"Problem Solving"** program for mastering difficult situations that need to be reconsidered, and the **"Positive Motivation/Attitude for Peak Performance"** program specifically to support high athletic performance and a positive basic attitude.

The programs **"Skill Building for Reading and Spelling"**, **"Math Skill Builder"**, **"Homework Helper"**, **"Accelerated Learning Development"** and **"Test Preparation Training"** offer specific incentives to master these special challenges successfully and with a positive self-image.

# Accelerated Learning Development (15 min. program)

The basis for accelerated learning is a positive attitude and a high level of inner motivation. If the activities of both hemispheres of the brain are synchronized and balanced, this state can be achieved more easily.

Based on a study by the Bulgarian educational psychologist Lozanov, a special sound and brain stimulation was developed for this 15-minute program. The program should be used for 15 minutes before learning and afterwards your child and / or you can deal with the learning material. The program sound should continue to run in the background.



We recommend taking a break every 15 minutes and drinking a glass of water. You can then restart the program sound and resume learning.

# Accelerated Learning Development (15 min. program)

This program stimulates both hemispheres of the brain to also use dormant learning resources. The right hemisphere absorbs new learning material, while the left hemisphere performs the necessary cognitive brain functions to complete the task. The additional use of music during learning increases the receptiveness of the mind.

Instrumental music is particularly suitable for this. Make sure that you or your child also want to listen to this music or are not opposed to it. For example, it has been shown that classical music from the Baroque period and the 18th century, which is characterized by a 4/4 beat with 60 beats per minute, has a supportive effect.

## Tried and tested suggestions:

- Bach: Brandenburg Concertos
- Handel: Trio Sonatas
- Haydn: Quartet in D
- Mozart: Piano Concerto No. 23 in A major

In order to be able to learn at a faster pace, the Theta brainwave range is used in light and sound stimulation. In children, for example, Theta waves usually occur during rest and dozing states, which can support the processing of new information.



# Test Preparation Training (15 min. program)

**It is important that students have a strong and healthy attitude towards their own abilities in order to protect themselves from exam anxiety.**

This program helps to find the physical and mental calm that is essential for recalling stored information and maintaining performance during the exam. The mental stress of an upcoming exam can cause nervousness and an overactive mind, which in turn can often lead to feelings of anxiety and loss of concentration.

The **“Test Preparation Training”** helps to calm a tense mind so that the thoughts spinning in circles gradually become more positive and the certainty of being able to master the challenges ahead sets in. This automatically increases the ability to recall the prepared learning material. The brain achieves this relaxed and at the same time alert state with the help of light and sound stimulation by balancing the two hemispheres of the brain.

After using this program, the binaural tones should continue to be played in the background during learning. You can also take a break every 15 minutes to drink a glass of water before continuing to learn.

**Another tip:** Facts, mnemonics and vocabulary can be written on small cards that you carry with you. This way, the material can be repeated briefly every now and then. If your brain is familiar with the technical terms, it will find the right answers more easily. Many subjects, areas and fields require knowledge of technical language. This is made easier if definitions can be recalled quickly.



## Tune Up After School ... (and / or) ...

After a long day at school, filled with different challenges and demands, coming home is a reassurance that children need.

If the parents can't be home when the child gets home, a recorded message can help. The brain loves the sound of familiar voices and reaches a state of calm when a loving, praising message is available. A cheerful surprise message is a great gift for a child who has had a long, hard day at school.

This **Clever-Program** can be played along with the parent's message to encourage the child to feel confident and ready to tackle schoolwork and other necessary activities. This respite allows the brain to reorganize itself to get back to cognitive processes such as homework, etc. The message reassures your child that they have parents who trust them. A healthy mental attitude develops in children when they believe that their needs are being met and that they have someone they can rely on.



## ... Parent Support (15 min. program)

Have your child do an after school session with the **"Tune Up After School"** program. It uses frequencies in the Theta range, which occur in the child's brain especially during rest and sleep and can therefore have a regenerative and relaxing effect. This can be repeated until your child is relaxed and feels ready for the rest of the day. In combination with your voice, the connection with your child who is home alone is strengthened and a safe, relaxed feeling is conveyed. Record a supportive message that greets your child and makes them happy when they come home from school. See page 21 for suggestions.

This **Clever-Program** was specially created for children, but is just as helpful after a long day at work or after a lecture.



# Problem Solving (15 min. program)

**Children, young people and adults of all ages have to deal with many challenges and feelings at home, at school or in their social environment. While they are confronted with different messages from the outside, their subconscious absorbs messages in a very simple and direct way.**

Instead of perceiving the meaning of the entire statement, the brain only filters out certain keywords and the feelings they trigger. The resolution to improve at school "I will no longer have poor grades" then turns into the negative self-attribution of "poor grades", which in turn can lead to further failures. Positive affirmations and talking to oneself can help here.

**Motivate yourself and your child to say positive messages and affirmations to oneself in difficult situations.**

When this program is accompanied, for example, by self-recorded positive affirmations (see page 21), a

mental practice develops that can change your entire perspective on life and produce extraordinary results. Instead of focusing on problems, problems become positive challenges that can be overcome.

Being able to talk to yourself in a positively affirming way is an important skill. It opens the mind to new learning experiences. Relaxing music in the background helps to bring the mind into a calm, receptive state.

## Positive Motivation / Attitude for Peak Performance



By stimulating the right hemisphere of the brain, this program helps to develop motivation and drive, while negative thoughts are released and ultimately “unlearned”. Negative affirmations are replaced by positive ones, which can increase motivation in life, sport and school.

Many children and adults exhibit negative behavior patterns that prevent them from developing their full potential. Although there can be many reasons for this, it is often based on negative experiences with caregivers or peers that have become embedded in the memory.

It may be that the messages are unconsciously stored, like a voice saying “I can’t”. This has a lasting impact on self-confidence and the ability to achieve the best possible results.

## (15 min. program)

The **“Positive Motivation”** program stimulates the right side of your brain to feel good and enables it to let go of negative messages. When you have a good attitude towards yourself, your self-esteem grows and you overcome challenges more easily.

**While you or your child are using this program, the positive affirmations that you have developed for yourself or together with your child should be repeated. Write these messages down: After using the program with visualization glasses and headphones, the binaural tones should be listened to again while the affirmations are read aloud.**

In addition, learners can record positive affirmations as a sound file that can be played back together with the light signals via the AUX input on the device. This helps them to adopt a more positive attitude towards themselves.

### **Guidelines for formulating positive affirmations:**

- Formulate short sentences.
- Concentrate on the positive.
- Choose achievable affirmations.
- Formulate in the present tense.
- Formulate affirmations personally.
- Refer to familiar topics.
- Address the child by name.
- Remind yourself or your child of a positive event that has been experienced.
- Speak calmly and slowly in a warm voice.

# Skill Building for Reading and Spelling (15 min. program)

**You need visual skills to read and spell. The ability to decipher is fundamental. Concentrated reading skills make it possible to recognize meaning in writing and to read independently, comprehensively, and fluently. This program supports the visual center in the brain in recognizing coded content.**

During reading, an image of the printed words is generated on the retina, which is transmitted via the optic nerve to the visual cortex and interpreted by the brain. This is how letters become more than just lines on paper - this is reading. What is read is sent from the eye to different areas of the left and right hemispheres of the brain and the synchronized activity of the brain is necessary to complete it.

The **“Skill Building for Reading and Spelling”** program takes this requirement into account and stimulates the brain to synchronize and thus prepares it for reading and writing.

The **“Skill Building for Reading and Spelling”** program should first be done with visualization glasses and headphones. Then the binaural tones should continue to play in the background while you or your child practise reading and writing. The learning curve will improve with the help of this program.

The use of background music, especially instrumental music, can have a beneficial effect on reading. Good experience has been gained with instrumental music from the Baroque and Classical periods from the 18th century by composers such as Handel, Vivaldi, Bach, Haydn, Mozart and Telemann, but it should always be music that you or your child would like to listen to or at least do not dislike.

Play the music so quietly that the binaural sounds are in the foreground. This allows the right hemisphere of the brain to function in a relaxed manner, while the left hemisphere gives meaning to the symbols read.

## Skill Building for Reading and Spelling (15 min. program)

The success of children and young people is directly linked to the expectations of their parents. As parents, discuss goals with your children that are

tailored to their age and ability. Support your children by reading to them, having them read to you and discussing with them what has been read to them.



## Math Skill Builder (11 min. program)



Our brain performs a masterstroke when reading and deciphering any material. When faced with mathematical challenges, it has to take certain steps to break down the material.

In order to solve mathematical problems, the eye must be able to decipher the numbers presented. The information is sent from the eye to different areas of the brain, which are distributed over both hemispheres, which is why it is necessary for them to work in balance and synchronicity with each other.

The **“Math Skill Builder”** program stimulates the brain to actively use both hemispheres at the same time, so that a clear picture of the nature of the mathematical problem can be created.

Selected, accompanying music can also contribute to an improvement in mathematical understanding, as the existing rhythms create structures in the brain that are also relevant for mathematical solutions. You can



# Math Skill Builder (11 min. program)

use the AUX input in your **brainLight**-Synchro to add external music. For example, you can use rhythmic music to support the brain in its structural development.

**Spatial thinking is also essential in mathematics and geometry. In order to develop the required way of thinking, the center for spatial imagination in the brain must be balanced.**

The **“Math Skill Builder”** program uses music and binaural sounds to stimulate the brain in a way that promotes understanding of numerical tasks and their solutions. As a variant to promote spatial thinking, you can play this program (with the light impulses and binaural tones) together with Mozart’s **“Twelve German Dances”** (K. 586).

**Support your child: put yourself in their shoes when they bring home pages full of math problems and don’t know how to solve them.**

**Try the following steps:**

- Take your child’s concern seriously by asking them to describe the task they need to complete.
- Look carefully at the task sheet. This can often provide more clarity.
- Once your child has understood the task, guide them through two or three more tasks as support.
- Turn discouragement into success by giving your child self-confidence and approval and thus promoting their independence.

# Homework Helper (10 min. program)

Many children are reluctant to do homework. Doing homework immediately after a full day at school without a break can cause depression and upset. If you use the “Homework Helper” program first instead, the brain can release the tension that has built up over the course of the day.

Homework is much easier to do if you or your child have rested and recharged beforehand. It is also a great help if you structure the homework time. Setting up a specific place for homework, for example, creates a structure and allows the brain to work more effectively. Many children want to work at home where it is lively and busy. However, this offers many distractions and can lead to a drop in both concentration and motivation.

Help your child to prepare. Gather pencils, paper, books, etc. with him or her and suggest that your child do the “Homework Helper” program before starting homework. To condition the brain for attentiveness, you can also play music in addition to the binaural



# Homework Helper (10 min. program)

sounds. Instrumental music is best suited. Observe which music your child prefers and at the same time does not distract them. Classical music from the 18th century, for example, has suitable rhythms to promote the balance of both hemispheres of the brain.

**It is important that the homework is divided into 15-minute sections. This allows the brain to memorize the material in the long-term memory.**

Water should always be available. Water supports the transmission of electrical frequencies in the brain, which are necessary for learning and for the brain to function properly.

Set a timer to remind your child to take a short break after 15 minutes, drink water and then continue learning.

Many children also forget to hand in their completed assignments at school. You can use colored folders as a reminder to signal that there is something to hand in.

**Always ask your child how you can help them. Give them the opportunity to explain what they are struggling with.**

Give them the feeling that you are there to support them. When it comes to completing homework, a reward system may be useful.



## Concentration / Focus / Attention Training (15 min. program)



Children, but also teenagers and adults, often hear phrases like: “Pay attention, concentrate!” Instead of telling them how to concentrate, they are expected to just do it. For a child, for example, this can be very frustrating because when they try to concentrate, they are distracted by their own efforts to do what is expected.

Attentiveness is by nature a relaxed state of mind. “Trying” to concentrate gets in its own way. With this **Clever-Program**, you and your child can achieve a state of relaxed self-confidence so that you can concentrate in all areas.

When your mind wanders because you can’t concentrate, mental fatigue, which limits your field of vision and visual acuity can often be the result. When this exhaustion increases, the emotional state takes over and mental processes and performance suffer.

Being focused means being in the moment, completely

# Concentration / Focus / Attention Training (15 min. program)

dedicated to the task at hand, free from worries. You lose your focus if you are preoccupied with things that have happened, fears or plans for the future. At this time it is important to focus on the present rather than the past or the future.

Use this program to support the brain in achieving a calm learning state.

The synchronization of the two hemispheres of the brain is supported by the light and sound stimulation, which in turn leads to calmness and balance. Both help you to stay in the present moment and focus on a specific task.

**To achieve the right state of attentiveness - being relaxed and alert at the same time - requires practice. With regular use of the "Concentration / Focus / Attention Training" program, this state can be achieved more and more effortlessly and easily, and concentration and attentiveness can be increased.**



# Deep Sleep and Rest (40 min. program)

**This program supports attaining the state of mind in which restful sleep is possible. Children, teenagers and adults often spend a long time in the evening thinking about the events of the previous day, which makes it difficult to enjoy a restful and refreshing sleep.**

The **“Deep Sleep and Rest”** program helps to calm the mind. Sleep is fundamentally important for health and peak mental performance. Thoughts that cannot be switched off, on the other hand, lead to a state that can disrupt deep sleep and important recuperation.

Stressful situations can cause children, adolescents and adults to feel physically unwell. The release of adrenaline, cortisol and lactic acid can lead to mental and physical fatigue. Scientific studies report that the brain needs to be in the Delta wave range several times during sleep at night in order to achieve sufficient deep sleep. In this state, growth hormones are released and the immune system is strengthened.

With the help of the **“Deep sleep and Rest”** program, you or your child can relax and recover more easily. If you or your child like calm music, you can, for example, play pieces by **“Enya”** as part of the program. Be aware that stimulating music, on the other hand, puts the brain in an alert state and thus counteracts relaxation.

**People of all ages can take advantage of this program to get a good night’s sleep and a deep rest.**

# Imprint

## Light and sound frequency sequences:

Dr. Rayma Ditson-Sommer

## Music:

Frank Metzner

## Sound engineering production:

Frank Metzner at the Dreamland recording studio,  
Krombach

This information is based on decades of research by Dr. Rayma Ditson Sommer, our own decades of experience in the field of relaxation technologies and mental training, and the results of studies commissioned by us.

You can find current studies (in German) at:  
[studien.brainlight.de](http://studien.brainlight.de).

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