



## ACHIEVE HEALTHIER R&R WITH TOP-RATED SLEEP SOUND MACHINES

Specialty retailer Brookstone offers clinically proven sleep aids for home & travel

**Merrimack, NH (September 21, 2009)** – Sleep soundly with Brookstone's exclusive sleep and relaxation aids, **Tranquil Moments® Sleep Sound Therapy System** and **Travel Tranquil Moments® Alarm Clock Sound Therapy Machine**.

Tranquil Moments® Sleep Sound Machine programs are based on 23 years of scientific research and were developed at the Center for Neuroacoustic Research in Encinitas, CA to help positively renew the mind. Exclusive Sleep Enhancement Technology™ gradually slows playback speed of each program over a 20-minute period to gently lull you to sleep. The innovative sound machine for sleep uses five nature soundscapes and seven clinically engineered sounds including authentic NASA recordings, soothing white noise or a chorus of crickets. Each sound is based on Alpha, Delta, or Theta brainwaves — coaxing your brain to "match" these frequencies and enter healthier states of repose.



"Brookstone's sound sleep system's clinically proven programs effectively promote a safe state of relaxation and peaceful sleep," says Board Certified physician '**Dr. Jorge' Rodriguez**. An expert in internal and preventative medicine who operates out of his Newport Beach, CA private practice, '**Dr. Jorge' Rodriguez** avidly uses and recommends **Tranquil Moments® Sleep Sound Therapy System**. "With so many versions of a sleep aid, it is difficult to sift through the bulk of products that promise natural sleep and relaxation. With 23 years of research, this sleep aid helps ensure quality renewal to the mind," concludes Dr. Jorge.

The 12 therapeutic sounds and programs include:

**Relax:** Alpha frequencies encourage brainwaves to slow to a state of healthy Alpha relaxation:

1. Ocean Surf
2. Thunderstorm
3. Serenity
4. Unwind

**Sleep:** Delta frequencies slow brainwave patterns and assist in the achievement of deep, rejuvenating state of Delta sleep:

1. White Noise
2. Rain
3. Celestial
4. Summer Night

**Renew:** Theta frequencies help in the achievement of a state that is conducive to active relaxation, concentration and peak performance:

1. Stream
2. Meditate
3. Focus
4. Rejuvenate

**Travel Tranquil Moments® Alarm Clock Sound Therapy Machine** brings peaceful sleep and respite anywhere you go. Organized sound choices include Sleep and Relax – featuring eight soothing sound programs to achieve healthier states of mind. Ideal at home or while traveling, this sleep sound machine is also a full-function alarm clock with dual alarm settings and a built-in calendar.



“With my profession, much of my time is allocated to guest appearances, which require a lot of traveling. I am no stranger to an on-the-go lifestyle – in and out of hotels – where all you wish for is a speedy recovery after a long day,” states Dr. Jorge. “Practical and portable, Tranquil Moments Travel Alarm Clock is the ideal product, providing respite from the hurried pace of everyday life.”

The eight therapeutic sounds and programs include:

**Relax:** Alpha frequencies encourage brainwaves to slow to a state of healthy Alpha relaxation:

1. Ocean Surf
2. Thunderstorm
3. Jet Lag
4. Unwind

**Sleep:** Delta frequencies slow brainwave patterns and assist in the achievement of deep, rejuvenating state of Delta sleep:

1. White Noise
2. Rain
3. Celestial
4. Summer Night

Both sleep sound machines include options to play sounds continuously or shut off sounds after 30, 60 or 90 minutes, and are exclusively sold at all Brookstone® stores throughout the country and online at [www.brookstone.com](http://www.brookstone.com).

The Tranquil Moments® Sleep Sound Therapy System retails for \$129.00.

The Travel Tranquil Moments® Travel Alarm Clock Sound Therapy Machine retails for \$99.95.

*Brookstone, Inc. is an innovative product development company and multi-channel retailer of unique gifts. Brookstone operates 315 nationwide retailers and in Puerto Rico, an e-commerce site at [Brookstone.com](http://Brookstone.com), and publishes catalogs year-round. Typically located in high-traffic regional shopping malls and airports, Brookstone stores feature unique and innovative consumer products. For more information, visit [www.brookstone.com](http://www.brookstone.com).*

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