**Social Media Posts The Best Binaural Beat for Meditation Before Sleep**

**Facebook:**

**1.** Did you know Binaural beats can make your night time meditation more effective? Discover more today LINK

**2.** While no single Binaural beat is better than the other, some do prove to be more successful at relaxing the brain for sleep. LINK

**3.** Want to know the best Binaural beat for meditation before sleep? Check out our new blog

**4.** Our new blog delves into the benefits of Binaural beats and how to use them successfully for meditation before sleep LINK

**5.** If you want to make sure you’re getting the best benefits from Binaural beats, always listen to them with headphones on. The beats are created in the brain so cancelling out other noises is highly recommended LINK

**Twitter:**

**1.** Be sure to listen to your Binaural beats with headphones on! LINK

**2.** Discover how Binaural beats can help with your nightly meditation LINK

**3.** How can Binaural beats help you to fall asleep? Find out here LINK

**4.** Some Binaural beats are much more suited to night time meditation LINK

**5.** Learn the benefits of Binaural beats for meditation before sleep LINK