The Best Binaural Beat for Meditation Before Sleep

Did you know different Binaural beats can alter your meditation experience?

Binaural beats include specific sounds that can help you sleep and relax your mind. It is actually based upon a scientific method that looks at how certain frequencies of sounds can affect your brainwaves.

There is no best single type of binaural beat when it comes to meditation. So, simply look out for any music featuring Binaural beats to experience its benefits.

How to Listen to Binaural Beats

Since there are a lot of other noises and distractions around you, it can be hard to truly hear them and benefit from the binaural beats. It is much better to get into a relaxing space, such as in bed before sleep, and put on some headphones. Add the music to your cell phone or other mobile device and press play.

The headphones are actually crucial to the effectiveness of the Binaural beats. They will cancel out other noises, helping you to get the best benefits. The beats are actually created within your own head, so headphones are crucial to allow you to hear them.

You’ll notice the binaural beats will start relaxing you. Over time, your brain is trained to get into the relaxing sleep state upon hearing the beats. It’s also worth noting that the brain will need at least 7 minutes before it can fall into sync with the beats. So, it’s not something you can do in 5 minutes.

Benefits of Different Beats

Binaural beats with a delta frequency is what will help you to sleep better and more soundly.

You want to use these particular beats for about 20-30 minutes before you plan on going to sleep. Don’t be surprised if you fall asleep before turning the sound off. Binaural beats can have a real sleep inducing quality.

If your sleep troubles are caused by stress and an overactive mind, you’ll want to focus on higher frequency of Delta binaural beats. These type of beats can also help to release tension, reduce stress, and help ease your anxiety.

The key thing to remember when using Binaural beats for meditation, is it will take time for them to work. They aren’t some miracle cure which will instantly cause you to fall asleep. It takes time and patience to experience the benefits these beats deliver.

As you can see, although there is no single best Binaural beat to listen to for your meditation, there are things you need to do to ensure you reap the benefits. If you follow the tips above, you’ll soon start to experience the benefits of Binaural beats for meditation before sleep.