The Best Binaural Beat For Meditation Before Sleep

Hello [[firstname]],

If you didn’t get a chance to read today’s blog post about how to get more sleep with a 5-minute meditation routine, check it out now:

[Insert Link]

Binaural beats include specific sounds that can help you sleep and relax your mind. It is actually based on a scientific method that looks at how certain frequencies of sounds can affect your brainwaves. There is no best single type of binaural beat, but instead look for this label on your music in order to get benefits from the sounds.

**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 binaural beats will start relaxing you and over time, your brain is trained to get into the relaxing sleep state.

**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 about 20-30 minutes before you plan on going to sleep. Don’t be surprised if you fall asleep before turning the sound off. You want a higher frequency of Delta binaural beats if you are stressed and your bad sleep is from an overactive mind. The beats can also help to release tension, reduce stress, and help ease your anxiety.

Check back tomorrow to learn more about meditation and other natural ways to reduce your holiday stress and clear your mind. We will have a new blog post and email that can be helpful to you.

[sign off]