

Genius Sleep Process

Sleep is crucial to having great health. You probably notice that you feel so much better after having a good night's sleep. Here is a great Genius Biofeedback Sleep Process for you. To make this an efficient process, create a Custom Playlist to keep these items easy to run for yourself on a regular basis!

Elements in your Sleep Process:

From Hormones - Melatonin, Cortisol, Growth Hormones

From Glands - Hypothalamus, Pituitary, Pineal

From Herbs: Valerian root, Chamomile

From Essential Oils: Lavender, Vetiver, Lemon Balm

Today's Stress: Brain, Emotional, Hormonal

Body Systems: Nervous

Minerals: Magnesium, Vanadium, Boron

Nogier: Nogier D, Nogier E, Nogier G, Nogier L

Brain EEG: Delta (wave for deepest sleep)

Solfeggio: 285 Hz, 528 Hz

Create a Peaceful Sleep Playlist, so you can easily run this anytime you wish! To create your Playlist, follow these easy steps:

Start from the System Overview

Tap on the Navigation Bar at the top right of the screen (to the right of the question mark)

Tap on the Custom Playlists menu

Tap Add

Find the items under Mind, Body or Biofield.

Simply select the items in that category under that particular category by clicking the circles to the right

Be sure to tap Save after you have created your Play list

To use your Sleep Promotion Playlist:

To use it on Quick Zap (easiest way to do this), from the Quick Zap tap the + sign at the left of the Quick Zap name. It will open the Bulk Items Drag menu. Click on Custom Playlists and Tap Peaceful Sleep Promotion.

All the items will now be found inside the Quick Zap tray. Set the timer for 15 minutes. It is recommended to run this Peaceful Sleep Process some time in the evening and then another 15 minutes about 1 hour before bedtime. Enjoy!

Quick Reference for your Sleep Process:

Hormones

- **Melatonin** - main hormone that regulates sleep and allows us to get into a deep state of sleep
- **Cortisol** - It is important that cortisol be properly balanced. It is our stress hormone, but if it is too high or too low, it will affect sleep quality at night.

- **Growth Hormone** - Here we are trying to optimize growth hormone as we optimize the sleep process. It's true that good sleep leads to a peak at night where Growth Hormone is secreted. Until you get there, we are working to make this production as good as it can be.

Glands

- **Hypothalamus** - There is an area of the hypothalamus (which is part of the brain), which is responsible for shutting down the brain's waking activities and causing the transition to sleep. This specific location is called the ventrolateral preoptic nucleus (VLPO).
- **Pituitary** - Regulates cortisol by signaling the adrenal glands. Cortisol must be properly balanced, not too high or too low in order to promote healthy sleep.
- **Pineal** - Secretes melatonin, which is a hormone that helps regulate circadian rhythms. When the pineal secretes proper amounts of melatonin at the optimal time, excellent and restorative sleep can be achieved.

Herbs

- **Valerian root** - has been studied to help people fall asleep faster and experience improved sleep quality.
- **Chamomile** - acts as a non-toxic and non-addictive mild tranquilizer and sleep-inducer.

Essential Oils

- **Vetiver** - Relaxing and calming essential oil.
- **Lavender** - Promote relaxation and improved sleep.
- **Lemon Balm** - Reduce anxiety and promote sleep.

Today's Stress: Brain, Emotional, Hormonal

These 3 are helpful to balance in order to improve the sleep cycle

Body Systems: Nervous

Nervous system being the important system involved in healthy sleep

Minerals: Magnesium, Vanadium, Boron

Magnesium helps to calm the nervous system, while vanadium and boron help to balance blood sugar. Better blood sugar regulation can help health overall and lead to improved and more restful sleep

Nogier: Nogier D, Nogier E, Nogier G, Nogier L

These are Nogiers are focused on brining the brain into more balance

Brain EEG: Delta (wave for deepest sleep)

Solfeggio: 285 Hz, 528 Hz (285 Hz restores organs and glands to their original resonance and 528 Hz is associated with Healing the DNA and creating miracles!)

For more information on these Frequency Libraries in the Genius, be sure to go to GeniusBiofeedback.com and check out the Genius Mastery Training, which includes our complete Mastery Guide.