

A good nights sleep can affect your entire body. Enjoy a peaceful, full night of sleep again with the help of these frequency packs!

Library Name	Library Product Name	Description	Link
Peaceful Sleep Promotion Program	Business of Biofeedback Series (8 library programs included)	Frequencies and affirmations for deep relaxation and optimized sleep	Business of Biofeedback Series
Sleep Deeply 1 - Brain Harmony	Sleep Deeply Series	Optimize brain chemistry for a healthy and deep sleep	Sleep Deeply Series
Sleep Deeply 2 - Hormonal Reboot	Sleep Deeply Series	Hormonal health is connected to healthy sleep. Frequencies for hormonal harmony	Sleep Deeply Series
Sleep Deeply 3 - Nervous System Reset	Sleep Deeply Series	A jangled nervous system can affect healthy sleep. Frequencies to optimize brain and nervous system	Sleep Deeply Series
Sleep Deeply 4 - Fall Asleep Easily	Sleep Deeply Series	Do you find it difficult to fall asleep at night? Sometimes, you can even be too tired to fall asleep. Try these frequencies in order to relax into a deep sleep	Sleep Deeply Series
Sleep Deeply 5 - Sleep Through the Night	Sleep Deeply Series	Do you fall asleep but wake up after a couple of hours? Try these frequencies in order to stay asleep all through the night.	Sleep Deeply Series
Sleep Deeply 6 - Wake Up Refreshed	Sleep Deeply Series	Do you sleep all night but wake up still feeling tired? Try these frequencies to harmonize sleep and wake up ready to go with energy and focus	Sleep Deeply Series

Sleep Deeply 7 - Snoring + Sleep Apnea	Sleep Deeply Series	Do you or someone you know have an issue with snoring? What about sleep apnea? Try this series of Rife frequencies, frequencies for natural remedies as well as affirmations	Sleep Deeply Series
Sleep Adrenal Assessment	Sleep Balancing Frequencies Series	Do you find it difficult to fall asleep at night? Sometimes, you can even be too tired to fall asleep. Try these frequencies in order to relax into a deep sleep	Sleep Balancing Frequencies Series
Sleep Brain Waves	Sleep Balancing Frequencies Series	Balancing brain waves for healthy sleep	Sleep Balancing Frequencies Series
Sleep Hormones	Sleep Balancing Frequencies Series	Hormonal health is connected to healthy sleep. Frequencies for hormonal harmony	Sleep Balancing Frequencies Series
Sleep Ley Lines	Sleep Balancing Frequencies Series	Clear ley lines for more restful sleep	Sleep Balancing Frequencies Series
Sleep Physiology	Sleep Balancing Frequencies Series	Work on the physiology behind healthy and peaceful sleep	Sleep Balancing Frequencies Series
Sleep Solutions	Sleep Balancing Frequencies Series	Natural health solutions for healthy sleep	Sleep Balancing Frequencies Series
Insomnia Assessment	Sleep Balancing Frequencies Series	What is the root cause of the insomnia?	Sleep Balancing Frequencies Series
Insomnia Solutions	Sleep Balancing Frequencies Series	Natural health solutions for insomnia	Sleep Balancing Frequencies Series
Xymogen Sleep	Xymogen Products Testing Panel	Frequencies for xymogen products to promote healthy sleep	Xymogen Products Testing Panel