



Quick Start Guide for Better Sleep

Purpose

Use rhythmic breathing to calm your nervous system, reduce stress and improve sleep quality.

Why It Works

When you breathe in rhythm, your heart rate, brain waves, and emotions start to synchronise, a process called *entrainment*. A steady tempo between **60–70 BPM** mirrors the resting heartbeat, helping you relax and prepare for sleep.

Step-by-Step Guide

1. Choose Your Track

- Pick a *slow, steady beat* playlist (try our [Sleep to the Beat](#) playlist on Apple Music).
- Alternatively, use a metronome app set between 60–70 BPM or tap gently.

2. Find Your Rhythm

- Sit or lie comfortably.
- Place one hand on your chest, one on your stomach.
- Inhale slowly for **four beats**, exhale for **four beats**.

3. Add Movement or Sound (optional)

- Lightly tap your leg or drum pad in sync with your breath.
- Or hum softly to the rhythm of the track, vibration deepens calm.

4. Duration

- Continue for 3–5 minutes to reset.
- For sleep, extend to 10–15 minutes or until you feel your breathing slow naturally.

Tips

- Keep lights dim and screens off.
- Use headphones for immersive focus.
- If your mind wanders, return to counting beats.