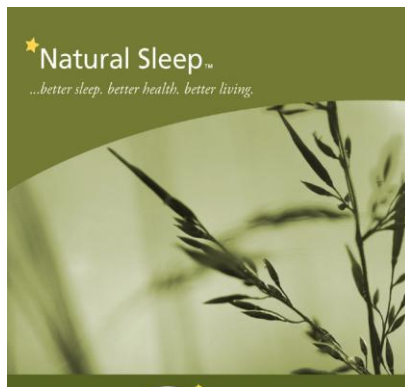


These three CD's written and narrated by Clear Mind Systems for Sleep HealthCenters are available at \$20 each.

Email for wholesale prices. Call for ordering instructions. 781-767-5373

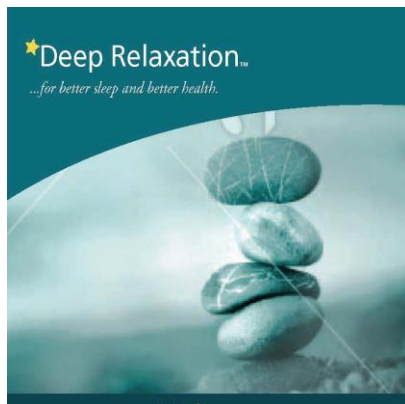
Our support CD's are designed to create a bridge to better sleep as you develop better long term sleep habits and hygiene.



Natural Sleep

...better sleep. better health. better living.

Natural Sleep is designed to support you in the process of re-establishing your natural sleep patterns. Listening to Natural Sleep daily as you prepare for bed, along with other healthy adjustments to your life and sleep-related behaviors, will help you improve the amount and quality of your sleep. If you suffer from insomnia, use this product with an insomnia treatment program.

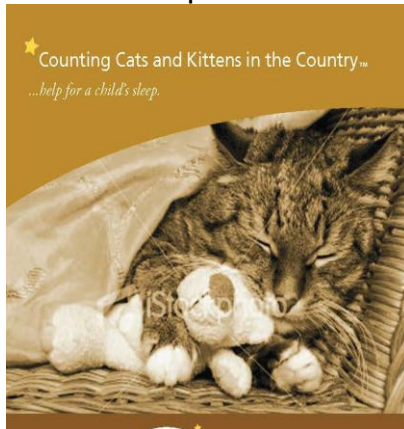


Deep Relaxation

...for better sleep and better health.

Deep Relaxation is designed to create an experience of deep relaxation while helping the listener develop lasting stress management and relaxation skills. Listen to this recording for the experience of relaxation or as a way of relaxing into sleep. Choose

either male or female narration followed by natural ocean sounds to maximize your relaxation experience



Counting Cats and Kittens

...help for a child's sleep.

Counting Cats and Kittens is designed to help a child slow down and relax in that last half hour leading towards sleep. The soft music, gentle female narration and the unfolding search for kittens in a country setting creates a soothing atmosphere and setting for sound sleep. Your child will love this quiet journey into sleep. Use this recording along with other healthy habits like reading and storytelling.