

ISON SLEEP SYSTEM

Relax and Sleep—Easily and Naturally

BY DAVID ISON

Finally, A Natural Way to Get the Sleep You Need

Stress contributes to the struggle sleeping that millions of us experience each night. The Ison Sleep System is proven to help you let go of the stress and anxiety that can keep you from a good night's rest. After just a few minutes of listening to this peaceful music, your breathing will effortlessly slow down and your mind and body will fall into a state of deep relaxation. As layers of tension melt away, you will drift easily into deep and restful sleep.

Clinically Tested—Proven Effective.

A three-year study conducted at the National Institutes of Health demonstrated that these three soothing recordings create a deep relaxation response and significantly reduce a number of symptoms associated with stress and anxiety.

DAVID ISON is a composer, meditation teacher, and recording artist. He developed the Ison Method™ 30 years ago to help him recover from severe injuries sustained in an automobile accident. His music is currently utilized by some of the most prestigious medical institutions in the country, including the National Institutes of Health, Bethesda Naval Hospital, San Diego Children's Hospital, and the Scripps Center for Integrative Medicine.



Running Time: 3 Hours 26 Minutes

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