

Solving Insomnia with Neuroliminal Training CD

Insomnia and related sleep problems affect some 35 million people in varying degrees. Some people already use some form of "noise generator" to help them solve such sleep problems, with varying success. Audio sounds such as rain on the roof, a babbling brook, surf or sailboat sounds and even "white noise" (sounds like continuous TV static) have been used to mask outside noises. Any such noise generator may help solve insomnia and other sleep problems.

Now, there's an even more effective solution! It combines the "noise generator" as an audio overlay, combined with a subliminal message underneath which is heard by the unconscious mind. The soothing noise generator overlay masks outside noises, while the subliminal training actually does "brain training" in much the same way as Neurofeedback/EEG biofeedback. This new Neuroliminal Training (NT) combination has already solved insomniac and other sleep problem for hundreds of users.

We have had only failure during volunteer testing which only lasted one night and was certainly due to "[Hawthorne Effect](#)" which frightened that individual user.

Results speak louder than advertising. In dozens of persons with insomnia and other sleep problems of all kinds, only two people did not solve their sleep problem quickly.



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