

Sound Therapy: Sleep (432 Hz)

author: Audible Sleep, Audio up



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Synopsis

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inLanguage	english		

Resonating with the body's natural circadian rhythms, this frequency promotes relaxation and sleep readiness while enhancing the production of melatonin, the sleep hormone, while decreasing sleep latency (the time it takes to fall asleep). It's also associated with delta brainwave activity, which predominates during deep, restorative sleep stages.

Reader's comments

comment 1:

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