

# 1. Lullaband

## How to get the deep, stress-relieving sleep you've been craving.

Let's begin by asking the question... *Why are you here?*

My guess? You're such a busy person who often can't fall asleep because your mind is racing. Many of us are in the same boat- unable to stay asleep or reach the deep sleep we need to feel refreshed. It's a never-ending cycle.

Luckily, we created the remedy because we know how frustrating it can be for restless sleepers. Perhaps we should bring up another question you may be wondering.

Can music help you fall asleep?

The short answer? Yes.

For centuries music has been used as a therapeutic tool to increase emotional health, mental performance, and sleep. Dating back to ancient Arabic cultures— musicians worked alongside physicians to aid in healing.

Music is known to powerfully affect your heart rate, breathing, and hormone release frequency. It also boosts cognitive functions within the brain. These effects help you reach a sleep that you may have not even known was possible. Soothing music can quiet your nervous system and even reduce stress and anxiety. *And we all have a lot of that.*

Your next step is acquiring the right tools to be able to listen to the music AND lay down comfortably.

That's where we come in.

Lullaband is a wireless speaker specifically designed for people ready to use music/sound therapy to give them a good night's rest.

**Lullaband + soothing music = the deep sleep you've been missing.**

Our Bluetooth sleep band is equipped with ultra-soft and breathable material with the best-flatted speakers on the market.

Designed to create an immersive experience so you can lie down comfortably while hearing high-quality, stress-relieving music in order to achieve that deep sleep you've been craving.

Being tired after a night's sleep sucks, so take that extra step to achieve that true, deep sleep you have been yearning for and buy our Lullaband. They're going fast - don't miss out on your opportunity, click the link below to get the sleep you know you need. <https://lullaleisure.com>