



STEVEN HALPERN

Relax into Sleep

VOL. 1 • 432 HZ

Beautiful, relaxing music enhanced with
Delta Brainwave Entrainment

"Since 1975, more people have fallen asleep to the music of Steven Halpern than to any other composer, living or dead!"

– *New Life magazine*

"Bring your customers the gift of relaxing and healing sleep!"



STEVEN HALPERN is a Grammy® nominated composer, researcher and #1 bestselling recording artist of music that promotes mindfulness and well-being.

His recordings are used in homes, hospitals, integrative health centers and corporate wellness programs worldwide.

Steven Halpern is the world's leading composer of music for relaxation, healing and sleep.

Each track guides the brain into the *delta* frequencies (1-3 Hz) associated with deep and restorative sleep, synchronizing the right and left hemispheres of the brain.

➔ The music tuned to **A=432 Hz** is trending in many genres. Customers are seeking more albums with this tuning.

RELAX into SLEEP vol.1 (432 HZ) combines soothing arrangements of Halpern's iconic Rhodes electric piano and atmospheric keyboards.

The dreamy "pillow of sound" quiets the mind and relaxes the body, making this an ideal choice for bedtime use.

Most people fall asleep long before the album is over.

"Producing this album was surprisingly challenging.

I kept falling asleep in the recording studio!" —Steven Halpern



Artist	Steven Halpern
Title	Relax into Sleep vol.1 (432 Hz)
Selection#	IPM8172
UPC	0-93791781722-3
Prebook	Mar. 21, 2025
Street Date	April 25, 2025
Retail	\$14.99
Genre	New Age Music
Run Time	77:26
Box Lot	25
Label	Inner Peace® Music
Format	CD

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| 1. Relax/Sleep, vol.1 432 Hz, Pt. 1 7:25 | 7. Relax/Sleep, vol.1 432 Hz, Pt. 7 7:24 |
| 2. Relax/Sleep, vol.1 432 Hz, Pt. 2 8:17 | 8. Relax/Sleep, vol.1 432 Hz, Pt. 8 5:01 |
| 3. Relax/Sleep, vol.1 432 Hz, Pt. 3 7:24 | 9. Relax/Sleep, vol.1 432 Hz, Pt. 9 8:33 |
| 4. Relax/Sleep, vol.1 432 Hz, Pt. 4 5:05 | 10. Relax/Sleep, vol.1 432 Hz, Pt. 10 5:05 |
| 5. Relax/Sleep, vol.1 432 Hz, Pt. 5 8:14 | 11. Relax/Sleep, vol.1 432 Hz, Pt. 11 7:24 |
| 6. Relax/Sleep, vol.1 432 Hz, Pt. 6 7:17 | TOTAL TIME: 77:26 |

- ★ 70 million Americans have problems falling asleep
- ★ More effective for most humans than AI knockoffs, green noise, pink noise or brown noise
- ★ Most listeners never hear the end of the CD
- ★ Halpern's Grammy nominated DEEP ALPHA (64 weeks) and DEEP THETA (33 weeks) on Billboard's Top Ten New Age charts
- ★ **UPSELL:** RELAX into SLEEP vol. 2 (432 Hz) • CHAKRA SUITE SOUND HEALING (432 Hz) • OCEAN OF BLISS vol.1 (432 Hz)