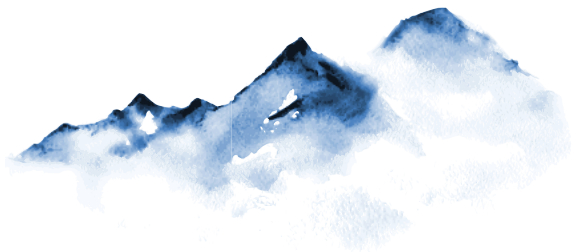


# morphee

The blue book of sleep



Hello and welcome  
to the *★ ★ ★*  
*morphée*  
universe



## Your new night companion...

**Morphée** helps you fall asleep **faster**, and to benefit from a **deep and restful sleep**.

The **meditation** and **relaxation** sessions contained in **Morphée** were all carried out by **sleep experts**.

The sessions were designed to be listened to at **bedtime** or during **nocturnal awakenings**.

They can be selected with the **booklet** as a guide, or **randomly**.

The sessions with the **female voice** are different from those with the **male voice**. The 8 and 20-minute sessions are also different.

We invite you to write down your favourite sessions in the "**my notebook**" section at the end of this booklet.

**Sleep tight!**

PS: The **wooden cover** protects **Morphée** during transport and also serves as a **base**!



4

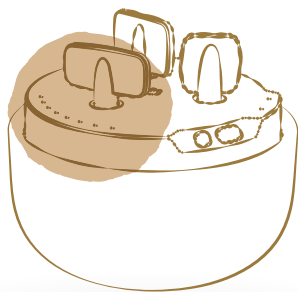
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How *morphée* works

# 7 Turn the first key

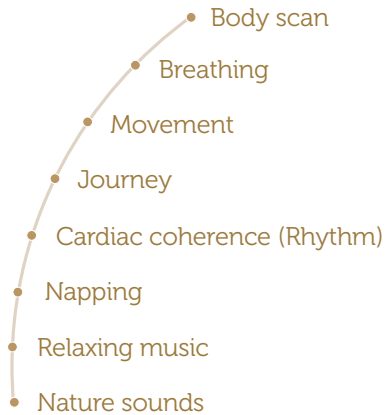


8

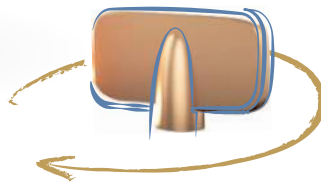
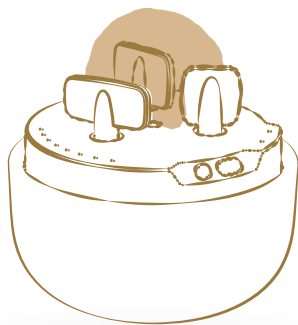


- This key allows you to choose **the theme** of your session.

**Morphée contains 8 themes:**

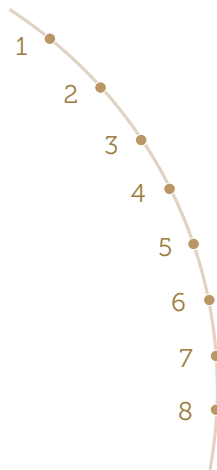


# 2 Turn the second key

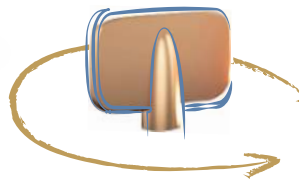
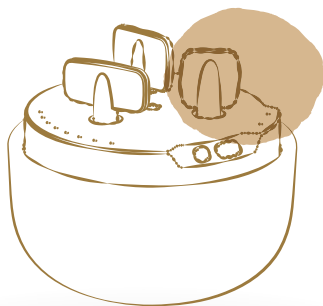


- With this key, choose **your session**.

Each theme contains **8 different sessions**:



# 3 And the third key



- Using the third key, choose **the duration of your session.**

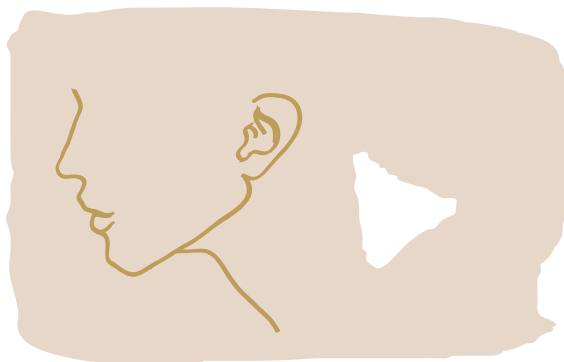
**Each session lasts 8 or 20 minutes.**



- You can choose the voice that will guide you: **male or female**, thanks to the switch next to the volume buttons



# 4 Press "Play"





- And **listen to your session** through the integrated speaker or with your headphones.

- **Let yourself be guided by the voice** that invites you to relax and shift your attention from your thoughts to your body and your breathing.



**Morphée switches off by itself  
at the end of each session.**

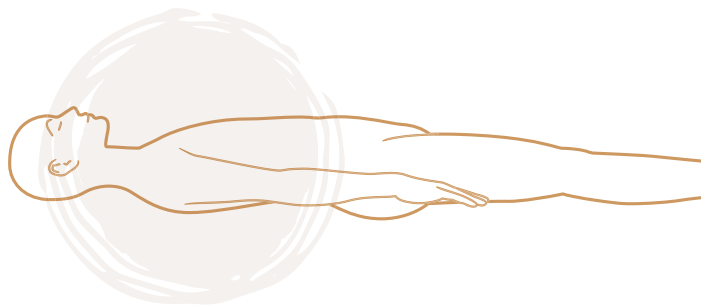




morphée  
Themes



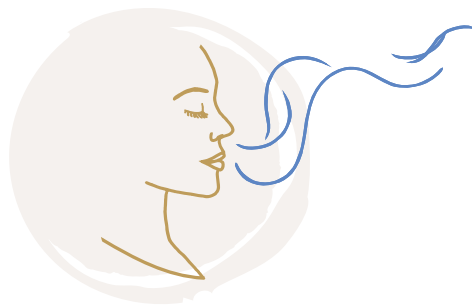
## #1 Body scan



The “body scan” sessions invite you  
to **shift your attention to your body.**

When doing so, **the flow of thoughts slows down**  
and gradually relaxes each part of the body.

## #2 Breathing



These sessions allow you to **relax by shifting your attention to your breathing.**

They **calm the mind** and enable you to **focus on the present moment** to **fall asleep more peacefully.**

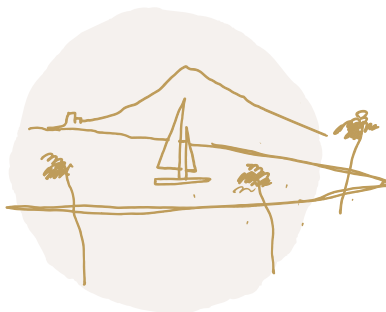
## #3 Movement



These sessions invite you to lightly contract certain muscles **to feel them relax when you breathe out.**

They allow you **to focus on your feelings and release any tensions** that may have built up.

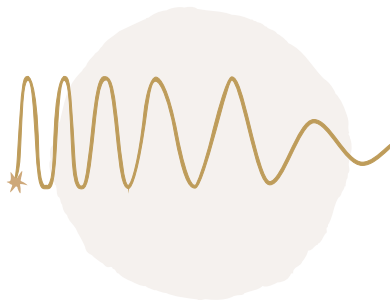
## #4 Immersive journeys (visualisations)



Along with some nature sounds, these sessions will transport you to **a new world**: the beach, the mountains or even a bike ride.

They help to **unwind by imagining pleasant and peaceful situations**.

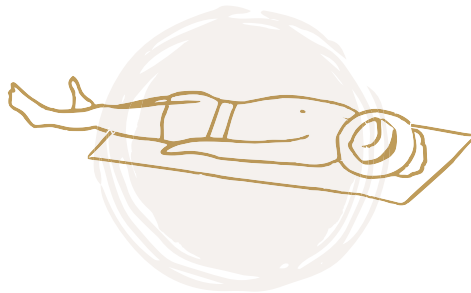
## #5 Cardiac coherence



These sessions reduce the number of breaths per minute (they go from 10 to 6)  
**to decrease the heart rate.**

When doing so, your body **relaxes**  
and gradually **allows you to fall asleep.**

## #6 Napping



The sessions begin with a **4-minute relaxation period**.

**8 or 20 minutes of silence follow**, depending on the position of the "duration" key.

After this period of silence, **nature sounds** will gently wake you up announcing the end of the session.

## #7 Relaxing music



Morphée contains **8 original music tracks**  
composed by Gilles Maugenest.



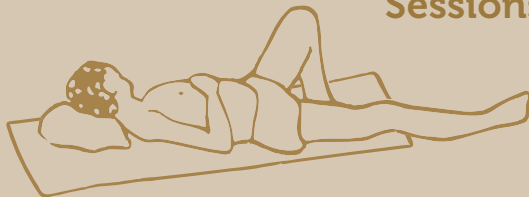
## #8 Nature sounds



Morphée contains **8 nature sounds**, which were recorded in 3D. These recordings allow you **to be completely immersed** when listening with headphones.

The sounds were recorded from all around the world to best replicate the different atmospheres.

*morphée*  
Sessions



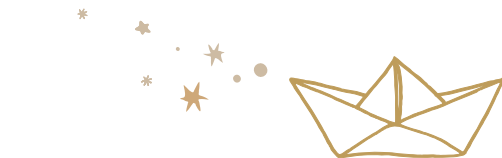


All the sessions were carried out by **a team of sleep experts**, supervised by **Florence Binay**, a relaxation & sophrology expert specialised in sleep.

They enable you to focus on the present moment while relaxing the body and calming the mind.

**These 3 elements are the pillars of a fast, deep and restful sleep.**

## Body scan



- 1 - **Presence bubble:** body scan from head to toe
- 2 - **The present moment:** variant of body scan
- 3 - **Calming observation:** bring your attention to your bodily sensations
- 4 - **Duo:** body scan in coupled observation
- 5 - **Strengthen your awareness:** front / back body scan
- 6 - **Relax your mind:** right / left body scan
- 7 - **Let go:** awareness of bodily tensions and relaxation
- 8 - **Mountain:** body scan associated with a visualisation of mountainous landscapes

## Breathing

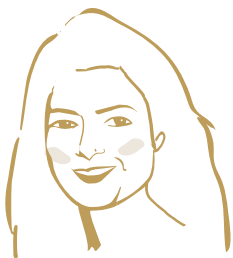
- 1 - **Serene and calm:** discover the relaxing effects of breathing
- 2 - **Respiratory stroll:** observation of spaces between each breath
- 3 - **Bubble of relaxation:** exhale to relax the body
- 4 - **1,2,3 sleep:** count your breaths to disconnect from your day or to calm your mind and body
- 5 - **Breathing wave:** let yourself be lulled by your breathing
- 6 - **Triangle:** contain your breathing to lighten your body and mind
- 7 - **Present moment:** take root in the present moment
- 8 - **Power of calm:** soak up calm, contentment, and serenity

## Movement

- 1 - **Tense - relax:** release of bodily tensions
- 2 - **Stretching - relaxing:** release of muscle tension
- 3 - **Great calm:** complete relaxation of the body
- 4 - **Here and now:** release of the key points of relaxation
- 5 - **Serene face:** self-massage face and scalp
- 6 - **Hands:** self-massage of the belly
- 7 - **Herbal tea:** feel the heat that diffuses in the body
- 8 - **Contraction - relaxation:** positivity surrounding sleep

**Immersive journeys**  
(visualisations)

Morphée contains 16 visualisations, half of which are read by a female voice, Gina, and the other half by a male voice, Piers.



*Gina*



*Piers*

- 1 - Dolphins
- 2 - The Amazon Rainforest
- 3 - The chestnut tree
- 4 - The lake
- 5 - Massage
- 6 - The parachute jump
- 7 - Rice fields
- 8 - By the sea

- 1 - The canal
- 2 - The prairie
- 3 - Le log fire
- 4 - La deep valley
- 5 - Le vegetable garden
- 6 - The desert
- 7 - Cycling
- 8 - The dive

## Cardiac coherence

- 1 - Session guided by voice and breath
- 2 - Session guided by sound
- 3 - Session guided by sound + beach
- 4 - Session guided by sound + storm
- 5 - Session guided by sound + cat
- 6 - Session guided by sound + jungle
- 7 - Session guided by sound + birds
- 8 - Session guided by sound + fire



## Napping

- 1 - **Stretch - relaxation:** attention is paid to the respiratory movements
- 2 - **Movement - relaxation:** body mobilisation and respiratory relaxation
- 3 - **Support:** attention is paid to the support points of the body
- 4 - **Rocking:** wave of relaxation thanks to a body scan
- 5 - **Counted breathing:** count your time to breathe in and out
- 6 - **Costal breathing:** relaxation of the diaphragm
- 7 - **Synchronised breathing:** inhaling, blocking and exhaling workshop
- 8 - **Abdominal breathing:** follow the abdominal breathing with your hands on your stomach

## Relaxing music

- 1 - Easterlies
- 2 - Childhood
- 3 - Deep sea
- 4 - The treehouse
- 5 - The lagoon
- 6 - Spring
- 7 - In the stars
- 8 - A dance

## Nature sounds

- 1 - **The cat:** Burmese cat, asleep in an apartment in Paris
- 2 - **The log fire:** Rättvik, Sweden
- 3 - **The jungle:** Tikal, Guatemala
- 4 - **The birds:** Sumbawa, Indonesia
- 5 - **The storm:** Tsumago, Japan
- 6 - **The beach:** Anse noire, Martinique
- 7 - **The night:** Le Tholonet, Provence
- 8 - **White noise:** For young and old







**Advice provided by Caroline Rome,  
relaxation & sophrology expert specialised in sleep and alertness,  
in charge of the sleep center at the Hôtel-Dieu in Paris.**

## **Preparation for sleep**

**Preparing for sleep is of great importance.**

It is useful, during the day, to let go at times by focusing on your diaphragmatic breathing and relaxing your shoulders.

These little exercises can be done for a few seconds, at a red light, while taking the lift or queuing up.

## **Avoid digital screens in the bedroom**

**Smartphones and screens are considered by experts to be the “worst enemies of sleep”.**

Indeed, screens emit blue light, which blocks the production of melatonin, the sleep hormone.

In addition, using a smartphone at bedtime creates mental unrest and keeps you in a wakeful state.

## Fixed schedule

Many studies highlight **the importance of having regular sleep and wake up schedules on sleep quality.**

It is recommended to not snooze the alarm clock for more than one hour on weekends compared to during the week.

## Don't force yourself

Trying to sleep at all costs can create tension and generate stress.  
**If you feel too restless, it is best to avoid going to bed.**

The best time to go to bed is  
**when the following stimuli appear:**

**Yawning**  
**Blinking**  
**Loss of focus**  
**Slight chills**

# morphée



## Power & battery

- **Battery life:**  
Over 3 hours in “in play mode”  
with the usage of the integrated speaker
- **Charging time:** 2 hours
- **When the indicator light is red,**  
this means that the battery is low
- **When Morphée is charging,**  
an indicator light flashes 3 times  
(this indicator light does not appear  
when Morphée is switch off)
- **When Morphée is fully charged,**  
the indicator light turns orange

## Contact us

A question? An opinion? A suggestion? Or just want to say hello :)

[hello@morphee.co](mailto:hello@morphee.co)

Join the community on **Morphée** sur    
Our products already used by over 300,000 people.

Have you heard about My little Morphée ?



**192 soothing stories  
for children.**

To calm down during  
the day and fall asleep  
easily at bedtime.



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## Legal notice

### Warranty

Morphée benefits from the legal guarantee against any material and manufacturing defect under normal conditions of use for a period of 1 year. Any return of the product under warranty must be subject to the prior agreement of Audiozen. The customer will contact Audiozen's customer service, which undertakes to return, at its expense, a product in good working order.



12 Chemin de Beauregard 13100 Aix-en-Provence - France - [www.morphee.co](http://www.morphee.co)



5.0V  0.5A  
Rev E UK

### Acknowledgements

- Sessions read by Juliette Chêne and Marc Duquenoy
- Illustrations and graphic design by Myriam Correard
- Design of Morphée by Fritsch et Durisotti agency
- Sounds of nature recorded and mixed by Arthur Meyer
- Original music composed by Gilles Maugenest



*morphee*  
The key to sleep