Have you ever lost your AirPods in the sheets?
Had a stiff neck in the morning after falling asleep with headphones on?
Does your sleep machine disturb your bed partner?
Concerned about EMF radiation from your smartphone, AirPods, bluetooth headphones?

If you listen to music, ASMR, podcasts, meditations, sleep stories, audiobooks in bed I'm sure you've dealt with any or ALL those issues. SUND has a more comfortable & healthier approach…

The SUND Sound Bath
Sliding your smartSLEEVE under your pillow, while using the Airplane Mode Trigger at night, can create a unique **Sound Bath** for your head. Soft acoustical vibrations through the pillow has the potential to reduce stress, thereby aiding in the initiation of quality sleep. This distinctive approach offers an effective experience in facilitating natural sleep compared to using sound machines, headphones or earbuds. Another advantage is the personalized nature. This eliminates the concern of disturbing your partner while creating a peaceful environment as you prepare to fall asleep.

Soothing sounds possess remarkable healing properties, capable of profoundly impacting mental health when the right sounds are selected and applied appropriately. It has the ability to calm and soothe the nervous system while also slowing down the aging process of the brain. Here's a breakdown of how this works.

Understanding the Vagus Nerve
To comprehend the physical influence of sound on the body and brain, it is essential to have some understanding of physiology. The vagus nerve, the longest cranial nerve in the body, extends from the brain to the internal organs, playing a crucial role in regulating the parasympathetic nervous system.

The Role of the Parasympathetic Nervous System (PNS)
The PNS is part of the autonomic nervous system (ANS) and is responsible for restoring basic functions and promoting relaxation within the body. In contrast, the sympathetic nervous system (SNS) triggers the fight-or-flight response. When the SNS perceives a threat that necessitates action, the body prepares itself for physical demands, activating various organ systems.

This stress response can be overwhelming, leaving the body and mind feeling fatigued, exhausted, and stressed afterward. To counteract this, the PNS takes action, resetting the body into a state of rest and digestion. The vagus nerve plays a role in this process.

Soothing Sounds impact on the Vagus Nerve
The vagus nerve is closely situated to the ear, the gateway through which we hear sound and music. When we listen, via the pillow, the sound vibrations resonate in our eardrums and travel through the vagus nerve. Given that the vagus nerve is associated with vital physical functions such as heart rate, taste, swallowing, and digestion, it is closely linked to the PNS, which promotes relaxation. Activation of the vagus nerve stimulates the PNS, signaling the body to enter a state of relaxation.

In conclusion, soothing acoustical sounds from your pillow (we don’t recommend using the haptic vibrations) can create a unique Sound Bath for your head that helps you sleep, nap, or meditate.