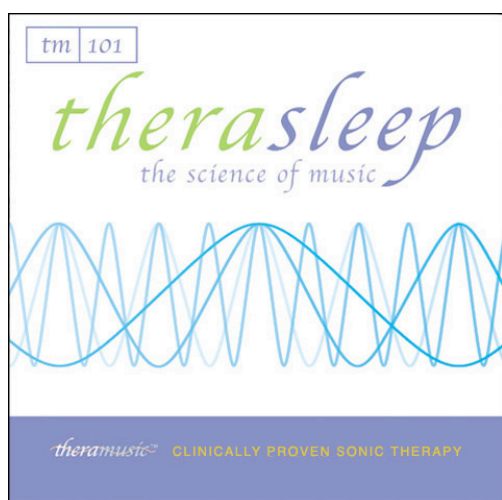




Sleep disorders contribute to loss of productivity, memory and quality of life. Therasleep CD employs proven drug-free techniques to help facilitate sleep.

Juno award winning composer **David Bradstreet** has launched *TheraSleep*, a highly effective sleep inducing CD. After working for over two decades in this field and gaining an international reputation with Solitudes® projects such as "Natural Stress Relief" and "Natural Sleep Inducement", and receiving JUNO Nominations and Gold and Platinum Awards, Bradstreet has initiated a recording company specifically focused on health: Theramusic.com

"5Z Rating!" - Nick Krewen, Chatelaine Magazine, May 2006



Therasleep is scientifically designed music and sound that employs clinically proven techniques to help facilitate sleep. Using the principle of "entrainment" or the synchronization of one or more rhythmic cycles in a bed of soft and pleasing music, the disc gradually "coaxes" the listener's heart rate down to a level that promotes sleep.

Sleep deprivation has a major impact on quality of life, possibly causing attention and memory problems, depressed mood, sleepiness during the day, loss of productivity, and far too many accidents. According to the International Longevity Centre (2003) sleep disorders often begin in mid-life, but many children have trouble sleeping as well. Additional studies focusing on the effects of music on sleep (Levin, 1998; Mornhinweg & Voignnier, 1995; Zimmerman, Nieveen, Barnason & Schamderer, 1996; and Field, 1999) have shown significant benefits of music for: longer sleep duration; less sleep disturbances; falling asleep more quickly; and increases in duration of both deep (delta) and REM sleep.

David Bradstreet- Composer

David is widely known as a composer, songwriter and vocalist, with nineteen albums bearing his name; a high profile Juno Award early in his career; subsequent Juno nominations and music credits including film and television scoring; talent discovery and record production for a variety of artists from Jane Siberry to Colleen Peterson. He has toured extensively as a singer/songwriter; one of his songs ('Renaissance') became a standard through a hit version by Valdy; he recorded with A&M, which led to the Juno for Best New Male Vocalist 1977. He was co-producer of the CD compilation, "Tears of a Thousand Years", a benefit project for Sept 11th. He has created music for films, including the short *Collateral Damage*, which received a Genie nomination, as well as the excellent TSN tele-documentary on sports, *For the Love of the Game*, which garnered for him a Gemini Nomination. He produced a series of instrumental albums with noted nature recordist Dan Gibson which led to three other Juno Nominations in the Best Instrumental Album category. British Airways created a channel on all of its airplanes featuring Bradstreet's relaxation music exclusively. "Natural Stress Relief" achieved Platinum status in 2002 and "Natural Sleep Inducement" has achieved Gold. His most recent song CD, "LIFELINES" was released March 1, 2006. www.davidbradstreet.com

Amy Clements-Cortes- Researcher

Amy is a graduate of the Honours Bachelor of Music Therapy Program at the University of Windsor where she graduated first in her faculty receiving the Board of Governor's Medal as a voice major. In June 2005, She graduated from the University of Toronto with her Masters in Music. Amy is the owner and operator of the Notes By Amy Vocal Studio which is in it's 11th year and has worked as an instructor at Performing Arts Programs, and teaches music theatre workshops. She is a member of the Baycrest Music Ensemble, Pierre Perron singers and works at Baycrest Centre as a music therapist. Amy has had many community placements working with a variety of populations to further promote music therapy. She has volunteered and worked in five nursing homes, a school for Autistic children, Southwestern Regional Centre, Children's Rehabilitation Centre, and Canadian Mental Health Association. Amy is an accredited member of the Canadian Association for Music Therapy and also belongs to the Music Therapy Association of Ontario (MTAO), Toronto Association of Music Therapy, and the American Music Therapy Association. www.notesbyamy.com