

sleeplearning.com

Learn While You Sleep!



Reclaim a third of your life for self-improvement!

Welcome to the World of Sleep Learning

Welcome to the FREE sleep learning course.

Unlocking Your Mind

In the coming few days we will be giving you a complete course in how to learn while you sleep and unleash your subconscious for your betterment.

O.K. So here we are at day one and most likely you are a little excited and intrigued by the idea of learning in your sleep.

Before this course is over you will be an expert in the techniques, history, research and application of sleep learning.

This will enable you to increase your ability to learn, reprogramme your subconscious mind and allow you to implement powerful new strategies for personal growth and gain.

Good Luck!!!



Scientists have calculated
that the chances of anything so patently absurd actually existing
are millions to one.

But magicians have calculated that million-to-one chances
crop up nine times out of ten.

- TERRY PRATCHETT

Forward

Subliminal

2004

Innovation Award

Reclaim a third of your life for self-improvement and personal enrichment!

If you've ever wanted to master another language, cram up on any subject, commit to personal growth/change or just pass those exams - then you've come to the right place. Dramatically increase the rate at which you learn and comprehend!

Twelve Part Sleep Learning Course

Part 1

Unlocking Your Mind

Part 2

The History of Sleep Learning

Part 3

The Power of Your Subconscious

Part 4

How We Learn and Remember

Part 5

The Mysterious Third of Our Lives

Part 6

How Sleep Learning Works

Part 7

Sleep Learning a Foreign Language

Part 8

Sleep Learning as Therapy

Part 9

Sleep Learning and You

Part 10

How to Learn While You Sleep

Part 11

Using Sleep Learning Lessons

Part 12

Commonly Asked Questions About Sleep Learning

Start Your Sleep Learning Experience TODAY!

Click here to visit <http://www.sleeplearning.com>

When Steve asked me to provide a forward for this new sleep learning course I was honoured. He has done a thorough job of researching all the varied bits of information that are available concerning sleep learning, but most importantly he has managed to distill this body of work into a concise and pertinent nutshell. Thereby allowing people to grasp the subject quickly and efficiently.

As a student, I frequently memorized lessons with greater ease when studying in bed and finally dozing off, than I did sitting at a table. Later, when studying at Leeds University, I recorded my notes on tape and played them back at night while falling asleep, only occasionally glancing at them during the day. I was often surprised at the ease of recall. On another occasion, I learned my notes entirely by sleep learning, seeing the written words only once—at the time of writing them out. I still remember them! I did not arrive at any conclusions at that time, but discussed these experiences with friends and colleagues. Many had had similar experiences.

People today want results and they want them fast. Steve's sleep learning techniques, tips and background information on research, success stories, equipment etc. etc. are invaluable for the modern student. So sit back, enjoy your read and get ready to start sleep learning for yourself.

Mark Sanchez

Introduction

Welcome to the world of sleep learning and thank you for joining this sleep learning course.

If you've ever wanted to master another language, cram up on any subject, commit to self-growth or just pass those exams - with less effort! Then you've made the right choice. Sleep learning can dramatically increase the rate at which you learn and comprehend and will allow you to absorb large amounts of new information quickly, by going directly to your subconscious mind. Sleep learning introduces an amazing technique that lets the mind absorb information while the body is at rest. Scientifically researched in laboratories and homes throughout the world, listening to learning material during sleeping hours has proved to be a highly effective way for people of all ages to realize their full learning potential. This book includes all the step-by-step information you need for effective sleep learning at home.

Please read this course completely before embarking on your incredible journey into sleep learning. The course has purposely been distilled down to allow rapid absorption and implementation of the principles and ideas contained herein. The fascinating techniques explained in this course require an in-depth understanding of how and why the methods work before they are tried. You are risking your understanding of the incredible journey on which you are about to embark if you start without this knowledge. The later chapters of this work will give you specific instructions on learning while you sleep, but it must be remembered that successful sleep learning requires also proper psychological preparation. Earlier chapters will concentrate on how it is possible to learn whilst sleeping and on how information may be processed into memory. All this knowledge will prepare you properly.

Sleep learning is a cost effective way to learn and you may well have some of the equipment at home. But for those that require a complete solution to sleep learning equipment, we provide details of the 'Sleep Tutor' at the end of the course. This revolutionary small machine allows people to record ANY info and have that information played back to them night after night.

Lastly, I welcome hearing about your experiences regarding sleep learning. My research and experimentation with sleep learning has gone on now for more than 25 years but there is always something new to learn and it is always satisfying to hear people's success stories.

I leave you with my favourite quote:

**Until one is committed, there is hesitancy,
the chance to draw back, always ineffectiveness.
Concerning all acts of initiative (and creation),
there is one elementary truth
the ignorance of which kills countless ideas and splendid plans:**

**that the moment one definitely commits oneself,
then Providence moves too.
All sorts of things occur to help one
that would never otherwise have occurred...
Whatever you can do or dream you can...**

Begin it now.

- JOHANN WOLFGANG VON GOETHE

SLEEP LEARNING Programs

**UNLEASH THE HIDDEN
POWER OF your
SUBCONSCIOUS MIND.**

All our CD's can be used either awake, relaxed or asleep. Although all our CD's contain powerful innovative technology that **WILL CREATE LASTING CHANGES**, their power is maximised when used as part of a sleep learning program regime. Re-programme YOUR MIND effortlessly - start sleep learning NOW!

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Learning - Click Here**

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Sleep Learning

Learn While You Sleep

Unlocking Your Mind

Facts and Fictions

Regarding sleep learning there is a tangle of information, misinformation, and myths that are repeated so frequently by so many sources, they take on the guise of scientific truth.

Even though scientists for over half a century have experimented with sleep learning from every conceivable angle for every conceivable purpose, it is only a handful of entrepreneurs and some imaginative pioneers who, through trial and error, have discovered how to use this remarkable educational tool on their own.

Firstly, the entire concept of learning while you sleep contradicts many of our assumptions about sleep. Most people are under the misconception that sleep is a period of calm requiring minimal use of their mental functions. Nothing is further from the truth. During sleep, our minds are in a high degree of activity.

Secondly, even when scientists actually conducted controlled experiments, many failed to follow basic guidelines for successful sleep learning programs. They chose subjects who were not motivated to learn, or used inane material such as meaningless nonsense syllables. Sometimes they even disrupted their subjects' sleep patterns. All these tactics seemed designed to deter their subjects from learning anything while they slept. But when proven guidelines were followed, success was unmistakable.

There are several prerequisites vital to successful sleep learning. They are:

1. The sleep learner must be motivated to learn or change;
2. The lesson must contain information the person wants;
3. It must be presented at the right times during sleep; and
4. Sleep learners must believe in their own potential to learn during sleep

If you fail to IMAGINE you IMAGINE to fail

Sleep Learning

Learn While You Sleep

Exam Success
Personal Growth CD's
NLP Lose Weight
NLP Draw Love
NLP Stop Smoking
NLP Dreams Come True
Physical Self
Assert Yourself
Motivation
Criticism
Love Yourself
Weight Loss
Love Power
Lucid Dreaming
Stop Smoking
Sharp Wit
Let Go
Self Esteem
Secret Agent
Decision Making
Self Confidence
Stress Reduction
Business Success CD's
NLP Draw Prosperity
Public Speaking
Business Success
Software
Subliminal Software
18 Languages

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Re-programme YOUR MIND
effortlessly - start sleep
learning NOW!.
**For More On Sleep
Learning - Click Here**

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Experience TODAY!**
Click here to visit <http://www.sleeplearning.com>

Thats all until tomorrow when we will be sending YOU the next exciting installment on Sleep Learning.

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