

iMusic + Sleep Study



Introduction

This is a randomized, controlled study investigating the effects of iMusic on sleep.

Method

The sample size of the study was 18, split into 2 groups of 9. Each participant communicated a desire for improved sleep, and underwent a preliminary polysomnogram (sleep study), creating a sleep quality baseline.

Over the 2 weeks following, group 1 listened to iMusic SleepTrainer for a minimum of 60 minutes each day to increase SMR brainwave activity, and improve their brain for better sleep. At bedtime, they listened to iMusic BodySleep(for restless legs) or BrainSleep(for mental chatter), depending upon the sleep deprivation issue they faced. Group 2 was given identical instructions, but were given "placebo CD's" without the iMusic IMAGINCE technology.

iMusic releases used in this study: iMusic DeepSleep

Results

A follow up polysomnogram was performed after the 2 week period of usage. 88.9% of the participants in group 1 experienced notable improvements in sleep quality. Falling asleep faster and feeling more refreshed in the morning, were the hallmark improvements. One group 1 participant felt the music to be distracting over the initial time period, but it was reported that after the study ended, a different genre choice was provided that was more comfortable for this person and improvements were noted. 7 out of 9 participants experienced dramatically longer sleep cycles, quicker times to sleep, longer periods in stage 4 deep sleep and less time in the REM sleep state. 1 participant fell asleep faster and experienced less REM sleep, and 1 participant fell asleep. Group 2 participants saw no measured change in sleep quality.