

GLO to SLEEP™



How the **GLOtoSLEEP™** Works Clearing and Calming the Mind

Introduction

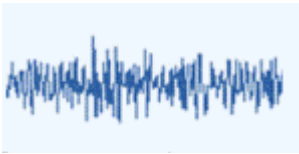
The **GLOtoSLEEP™** is a genuine sleep mask because it actually induces sleep by clearing and calming the mind. The wearer gazes up at four rows of blue photo luminescent bars inside the eye pieces, which clears the subconscious, and, the act of 'looking up,' an Eastern yoga relaxation technique, converts the brain's active Beta waves to calming Alpha waves, so sleep can follow.

The **GLOtoSLEEP™** actually slows the frequency of the brain's electrical activity; an objective shared with meditation and self-hypnosis.

Brain Wave States

Just by reading this, billions of neurons are firing on and off in your brain while communicating the experience of consciousness. When each of these electrical firings is detected as a whole, a "wave" effect is observed. These cumulative electrical rhythms are referred to as "brain waves".

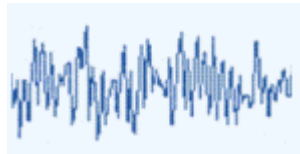
Brain waves occur at different frequencies, which is the number of times a wave repeats itself within a second.



Beta brain-wave state (14-30 Hz)

Beta activity is "fast" activity. It has a frequency of 14 Hz and greater. The normal, awake, conscious activity of the brain is the Beta brain-wave state. It is the state when we are listening, thinking and processing information about the world around us.

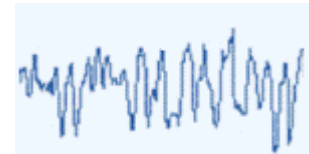
Emotional sensations in the Beta state include anger, worry, fear, anxiety, tension, and surprise.



Alpha brain-wave state (8-13 Hz)

Alpha waves are those between 7.5 Hz and 13 Hz and will peak around 10 Hz. The Alpha state is the beginning of relaxation. The graphs of the Alpha state show high frequency, low amplitude brain waves. In this state, the mind is relaxed but alert. It is a state of passive awareness, composure, and of physical and mental relaxation.

Emotional sensations in the Alpha state include a sense of well-being, pleasure and tranquility. Alpha appears to bridge the conscious to the subconscious.



Theta brain-wave state (4-8 Hz)

Theta activity has a frequency of 3.5 to 7.5 Hz and is classed as "slow" activity. The Theta state is one of tranquility, creativity and very deep relaxation, which reflects the state between wakefulness and sleep. Emotional sensations experienced in Theta include restful alertness, uncertainty, daydreaming and deep tranquility. Theta waves are strong during internal focus, meditation, prayer, and spiritual awareness.

Types of Insomnia

Insomnia is the inability to make the transition from the mentally active Beta brain-wave state to the slower frequency wave states of sleep. There are three basic types of insomnia:

- 1) **Transient Insomnia:** transient, or intermittent insomnia, lasts only a few days and is usually related to identifiable factors such as acute medical illness, changes in the sleeping environment, self-medication, jet lag and acute or recurring stress from work problems, concerns about health, marital strife, etc.
- 2) **Short-term Insomnia:** short-term insomnia is slightly more serious because it persists for about 2-3 weeks. Contributing factors include a job change, divorce, serious illness, financial problems, or the death of a close friend/relative.
- 3) **Chronic Insomnia:** Chronic Insomnia is the most serious type, with episodes lasting longer than a few weeks. Approximately 10-15% of the North American population suffers from chronic insomnia. Behavioral insomnia is the classic form of chronic insomnia, with the individual having difficulty falling asleep and staying asleep with a short overall sleep duration - even when they have adequate opportunity for sleep. Individuals with behavioral insomnia, through learned associations, have conditioned themselves to become tense and anxious at the thought of trying to go to sleep, exactly the opposite behavior that is required for rest.

Sleep Stages

When an individual first lies down and begins to fall asleep, the body enters, what is called Stage 1 sleep. The individual is still very close to being awake, but the brain begins to work more slowly. The body relaxes, and the closed eyes start to roll around.

After several minutes, the individual sinks a little deeper, into Stage 2 sleep. Once the body and mind really relax and the individual falls deeply asleep, they enter Stage 3. The heart slows down, and breathing becomes more slow. Finally, the individual sinks into the deepest sleep of all - Stage 4.

Using the GLO TO SLEEP™

When using the **GLOtoSLEEP™**, the objective is no longer "trying to fall asleep." Simply raise the eyes, hold the gaze on a blue points of glo and breathe deeply. Thoughts slow and the mind clears. The body relaxes and arms and legs feel heavy. The eyelids begin to feel heavy as the individual continues to gaze at the Points of Glo.

What happens next is what many **GLOtoSLEEP™** users find so amazing: the transition from consciously looking up at the blue Points of Glo to the first stage of sleep, which often seems instantaneous. At no time is the user thinking "they must get to sleep." **GLOtoSLEEP™** rapidly slows the brain's activity level to a deep relaxed state. Looking up at the blue Points of Glo will be the last thing the user remembers upon awakening.

Interaction Between the Eyes And Brain

The eyes play the important role in actively obtaining a relaxed state, due to their physical characteristics. The greatest mass of the eyeball is towards the back, therefore the eye is unbalanced and has the natural tendency to roll up. Using the eye muscles, we must actively hold the eyeball in a level orientation. When relaxing deeply, the eye muscles are no longer actively working and the eyes roll up. Examples of this can be seen when a person faints or enters a deep trance - muscles go limp and the eyes roll upwards.

The brain and eyes form a subconscious monitoring system that is working during normal waking conscious. This monitoring system performs an important orienting task: if the eyes roll up, the brain stops receiving orienting information and the individual's level of consciousness is altered.

Focusing Attention to Induce Calm

When an individual is in the normal awake state of Beta, they are consciously processing thoughts. This is the thinking and worrying state that many people find themselves in when it is time to sleep. Gazing up at the blue Points of Glo, inside the **GLOtoSLEEP™**, induces calm and focuses awareness by giving the mind something simple to deal with, a cognitive distraction.

Parallels can be seen in hypnosis and meditation. The hypnotist instructs the subject to focus his or her attention on an object or fixed point, such as a spot on the ceiling.

Focusing is also important in meditation - it is extremely beneficial to have the eyes physically looking at the spiritual eye while meditating. Simply stated, meditation is focusing the front part of the brain on a mundane task so the rest of the mind can be at peace.

Raise the Eyes - Change the Mind State

Though they did not know exactly how, the ancient spiritual ones knew that the act of looking up altered the state of consciousness. Ancient wisdom tells us to "look up to the spirit and find peace", which also has a literal interpretation.

"At first, I believed the instruction to look up was metaphorical - to look up to Spirit. Research has shown, when visual people in the general population look up, they are accessing the cerebral cortex of their brain. Now I understand the act of looking up influences brain wave patterns, even if the eyes are closed. The message is literal. Looking up encourages the brain to produce the kind of waves accessed in higher states of consciousness. Also, looking up tends to stimulate the pineal gland." (Connee Chandler, "Essay on the path", online http://whatanicewebsite.com/Connee/agov/Essay_on_The_Path.htm)

The practice of meditation has occurred worldwide since ancient times. In the Indian tradition of meditation, followers are urged to raise their gaze upward and focus on the spiritual eye to obtain altered states of consciousness.

Swami Kriyananda wrote in the Art and Science of Raja Yoga, "The position of the eyes suggests the general portion of the brain in which the consciousness is centered. In particular, when the mind slips toward sub consciousness and the energy becomes centered in the lower brain, the eyes tend to look downward; when one is involved in the world, or otherwise active on the conscious level, the energy becomes centered more in the mid-brain, and the eyes tend more naturally to look straight ahead; and when one enters a state of super consciousness, the eyes are drawn automatically to gaze upward." (Swami Kriyananda, "Art and Science of Raja Yoga", online http://www.ananda.org/meditation/support/techniques/spiritual_eye3.html)

In the 1950's, these ancient techniques for slowing the brains activity were studied by Jose Silva. He developed a mind training program and the cornerstone was his Alpha technique. A physical technique whereby looking up, a practitioner could slow brain activity to the Alpha wave state. After taking Silva's mind training course, and with practice and concentration, a user could raise their eyes and put themselves into a relaxed Alpha brain-wave state.

"By regularly going into Alpha consciously, however, you learn to use more of the mind. You feel deeply relaxed and your thoughts begin to slow down. You are fully aware, yet at peace. This state is also equated with that achieved in meditation. Some Silva graduates report feeling both blissful and ecstatic. By getting into the Alpha level frequently, you will be able to relax easily and manage and control stress better." (Bilmo Rackshit, "Alpha and Ecstasy", online <http://www.lifepositive.com/mind/personal-growth/silva-method/alpha.asp>)

Silva backed up his Alpha technique claim with numerous EEG tests, and with years of practice proved his ability to go in and out of Alpha brain-wave state at will.

Conclusion

Both subjective and objective examinations agree, meditation, self-hypnosis and the Silva Alpha technique, all demonstrate that raising the eyes and finding a focal point can aid in relaxation by lowering brain-wave frequencies. The **GLOtoSLEEP™** shares fundamental mechanisms, in regards to the interconnecting physiology of the brain and eyes, with meditation, self-hypnosis and the Silva Alpha technique.

If an individual is looking for a resolution to their sleeping problems, but does not have the time or inclination to learn and practice relaxation therapies, the **GLOtoSLEEP™** is an ideal solution. The **GLOtoSLEEP™** will allow the individual, whether they have chronic insomnia or struggle to get to sleep a few nights a month, to relax quickly, clear their mind and get to sleep naturally.

*The Healthy Alternative To Sleeping Pills;
a unique natural solution made in North America from hypoallergenic materials*