

Sleep Music Expert's Science-Backed App to Fight Insomnia

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Indie developer, Thomas Dickson announces Can't Sleep 1.1.5, an important update to his sleep app on iOS and Android devices. Can't Sleep's real-time computer-generated soundscapes now have reduced musical activity to minimize cognitive arousal thereby reducing sleep-onset insomnia. The artificially intelligent music helps you sleep by distracting you from wakeful thoughts, calming your mood & relaxing your body. Increase your motivation and productivity, reduce stress & anxiety, and much more.

Sunshine Coast, Buddina - Author of "How Does Music Aid Sleep? Literature Review," Thomas Dickson is proud to announce the release of Can't Sleep 1.1.5, an important update to the soundscapes composed through his sleep app on iOS and Android devices. Can't Sleep's real-time computer-generated soundscapes now have reduced musical activity to minimize cognitive arousal thereby reducing sleep-onset insomnia.

Can't Sleep is informed by 100+ research articles on music and sleep psychology. According to Dickson, "studies have shown music to be one of the most effective non-drug therapies for sleep but not all use cases of music are equal". Regular music is often too distracting or engaging because it is so structured, Can't Sleep sounds like walking through a forest of instruments and sounds.

Can't Sleep composes soundscapes with 200+ instruments and sounds to provide a unique listening experience and further allows users to disable any part of the soundscape to decrease engagement and/or cognitive arousal.

One of the innovative features of Can't Sleep is that the soundscapes are composed in real-time and are never the same. "The problem with listening to the same music every night is that it becomes too familiar and then frustratingly repetitive" says Dickson. Using Can't Sleep regularly and only at bedtime, the soundscapes can become strongly associated with sleep but not repetitive.

Can't Sleep is the only sleep app that allows users to choose both the instrument timbre and sounds for sleep. The DIY soundscape builder includes realistic classical, ambient and ethnic instruments as well as relaxing sound effects and ambience. These include piano, cello, synthesizers, pan flutes, tabla, Tibetan bells, bird song, rain, waterfalls and much more. "Music is a very personal experience. Our favourite sounds can reduce stress through visualisation and reminding us of the past" says Dickson.

Available on Android, iPhone and iPad, the app is lightweight saving battery life, storage and device memory. For increased performance, after 45 minutes of playing soundscapes the app stops, by which time most individuals have fallen asleep.

Features:

- * Effective: Built from research for a PhD on the psychology of music for sleep
- * No Disruptions: Smooth continuous audio with no pops, clicks, silences or ads
- * Unlimited Variety: Choose from 18 themes or build your own with 200 sounds
- * Never Repeats: New soundscape created in real-time using our A.I. composer
- * Personalized: Music speed based on your heartrate and disable any sounds you want
- * Realistic Sounds: Real audio samples of instruments and ambient sound recordings
- * Convenient: Sounds auto-stop after 45 minutes and no internet required
- * Seamless Experience: Lightweight design with full screen high definition calming imagery

Can't Sleep has been involved with University of Melbourne, University of New South Wales, Queensland University of Technology and presented at the International Symposium on

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Performance Science and the Conference of the Australian Music & Psychology Society.
Paralympian Rassa Martin says about using the app "I set it up, it took me 10 seconds and I can't remember falling asleep."

Language Support:

Can't Sleep supports Chinese (simplified & traditional), Dutch, English, French, German, Italian, Japanese, Korean, Portuguese, Russian and Spanish languages.

Device Requirements:

- * iPhone: iOS 11.0 or later and compatible with iPhone, iPad, Apple Watch and iPod touch
- * Android: Version 6.0.0 (Marshmallow) or later and compatible with Android mobile and tablet devices

Pricing and Availability:

- * Free Version (Baroque theme only)
- * Monthly Subscription: \$4.99 USD
- * Annual Subscription: \$19.99 USD (\$1.54 USD per month)

Can't Sleep 1.1.5:

<https://www.cantsleepapp.com>

Download from the App Store:

<https://itunes.apple.com/us/app/cant-sleep/id1332698309>

Download from Google Play:

<https://play.google.com/store/apps/details?id=com.gtdapps.cantsleep>

Video Demo:

https://drive.google.com/open?id=1Qgc3pKrRMw1bqz188krl_6efovCQIBFz

Screenshots:

https://drive.google.com/open?id=1IDd_MOwFf766tZAMF0dYaBNFPEBK7mLA

App Icon:

<https://drive.google.com/open?id=1hga5vRoK38f0G45EuY-mdwojcyT7TLew>

Can't Sleep was invented by Thomas Dickson, the Australian expert in music and sleep psychology. The artificially intelligent music helps you sleep by distracting you from wakeful thoughts, calming your mood and relaxing your body. Can't Sleep has been presented at the Australian Music Psychology Conference, TechSauce Global Summit, Bigsound, Creative2 and Collider Accelerator. It also received MIT App Inventor App of the Month for best design. All Material and Software (C) Copyright 2019 Thomas Dickson. All Rights Reserved. Apple, the Apple logo, iPhone, iPod and iPad are registered trademarks of Apple Inc. in the U.S. and/or other countries. Other trademarks and registered trademarks may be the property of their respective owners.

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