



Press Release – For Immediate Release

To: **ALL MEDIA CONTACTS**

New Sleep Music Benefits Night And Day.

Menlo Park, California, January 15, 2006: In a recent clinical study, zMusic™ by Sleep Garden, demonstrated that its sixty-minutes of stress-releasing music produces more sleep at night and increased alertness during the day.

“Imagine the quality of your life feeling more rested and more alert during the day – naturally, without sleep drugs, without caffeine” Sleep Garden Co-Founder Robert deStefano said. “This study is telling America that it is possible.” deStefano added.

The study conducted at The California Center for Sleep Disorders focused on four primary downsides of stress-induced insomnia and the effect that listening to the zMusic sleep music would have on them. The study concluded:

- **Time to get to sleep was reduced by more than sixty percent.**
- **Sleep Duration: Amount of sleep was increased by thirty percent.**
- **Day function: More than 55% improvement in daytime alertness.**
- **Sleep Drugs: 75% of those who used sleep drugs discontinued use.**

“Sleep Garden engaged one of the most credible sleep clinics in the country to perform this study. The study’s protocol was examined and approved by an Internal Review Board (IRB)”, Sleep Garden Co-Founder Mary Kelley commented. “Clearly we’re quite pleased with the results.” Kelley concluded.

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The development of zMusic was motivated in 2002 by the personal desires of both Kelley and deStefano to get more sleep without the use of sleep drugs. Their objective was to produce a music recording free of artificial beats, frequencies or subliminal messages that would shift the listener's brain waves away from those associated with stress and worry to a more meditative brain wave. Their belief, now supported by the clinical study, is that this state change will allow sleep to occur naturally without the side-effects of drugs, therefore being more deep and restorative.

Previous to this study zMusic was awarded the National Health & Wellness Club's 'Member Tested and Recommended' Seal of Approval after a three-month national user group study.

Sleep Garden, a California corporation, was founded in 2001 by Robert deStefano & Mary Kelley. deStefano, an award-winning commercial director and writer and Kelley, a technology-marketing pioneer, are both former insomniacs now turned natural sleep therapists and tireless advocates for Safe Sleep.

The Company offers a comprehensive line of titles focused exclusively on providing drug-free, pill-free, natural sleep. For more information about Sleep Garden please visit www.sleepgarden.com.

Robert deStefano and Mary Kelley are available for interviews.

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