

# Deep Relaxation Session

*author: Brain Hacker*

---

2026-06

## Synopsis

---

author	Brain Hacker
readBy	Brain Hacker
inLanguage	english

*Deep Relaxation Session* - Enjoy total chill-out, with brainwave audio. Enjoy the ultimate in relaxation and peaceful bliss - with *Deep Relaxation*, the soothing brainwave audio recording from Brain Hacker!

*Deep Relaxation* uses special audio sounds to influence your brainwave patterns, helping you free your mind from stress and negativity during a 40-minute session. This audio employs brainwave entrainment technology to sync your brainwaves up to particular frequencies. After being exposed to these frequencies, the brain replicates them, helping to bring about particular states of mind, in just minutes. In this session, your brain is gently encouraged to sync up with a 4 Hz isochronic tone, helping infuse the mind with sublime calm and serenity.

How to use: Just hit play and listen, anytime, anywhere, to begin to enjoy a peaceful and tranquil chill-out experience. It's completely safe, non-invasive, and non-addictive. It won't damage any of your brain cells, either. Please note: You should avoid using this session if you are epileptic or if you need to stay awake. See [www.brainhacker.net](http://www.brainhacker.net) for full warnings and our disclaimer.

Technical Information: This audio session helps restore your sense of calm and get everyday problems off your mind. The professionally composed track features gently pulsating major chords mixed with sounds of the sea, guaranteed to soothe and relax you in minutes. It also includes carefully blended isochronic tones, peaking at 4 Hz, which work in the background to generate Delta waves in the brain, making it possible to slow down and unwind without the need for harmful drugs or stimulants.

Download the Deep Relaxation session now to reap the benefits of refreshing and reinvigorating relaxation from the inside out!

## Reader's comments

---

comment 1:

â€"â€" ()