

Healing Music

PRESENTS



Birds of Valencia from Jardín del Tura (Live)

Binaural Live recording of an amazingly large group of birds that sang in the evenings in Valencia, Spain.

This track is an addition to our **Tinnitus Ultimate Relief** album, designed to help alleviate Tinnitus and sleep disorders.

Digital Release UPC 196626163240

The Orchard Distribution
www.theorchard.com

Catalog HEAL019

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Deep Sleep Station presents a very original follow-up to the **Tinnitus Ultimate Relief** album (UPC 196292746891): a live recording of a particularly large group of birds—estimated in the many hundreds, and of more than a dozen different breeds—that gathered every evening on two huge trees located in the famous Jardín de Turia, in the center of the city of Valencia, Spain.

Birds of Valencia from Jardín del Turia has a very particular frequency distribution, with the majority of the content located in the higher range (from 2kHz and up) and with a very high ratio of random variation, giving the listeners with a high-frequency tinnitus a great choice to mask their particular ringing frequency. Certainly, it can also be used as a calming sound to relax and help with sleep, regardless of tinnitus.

Applied to the treatment of tinnitus, the American Tinnitus Association (ATA), defines the following:

1) *Masking: exposing the patient to an external noise at a loud enough volume that it partially or completely covers the sound of their tinnitus.*

2) *Distraction: using external sound to divert a patient's attention from the sound of tinnitus.*

3) *Modified-Sound / Notched-Music Devices: Unlike standard white noise machines, notched-music devices are generally worn intermittently (only during defined therapy sessions or times of predictable acute need, such as before bed or immediately upon waking), and provide lingering benefit after the device is turned off.*

Also, unlike standard white noise machines, notched-music and modified sound devices may, over time, alleviate the perceived burden of tinnitus — even after they are turned off. By facilitating habituation these products may help the patient naturally “tune out” the perception of tinnitus.

Our albums **Tinnitus Ultimate Relief** and **Birds of Valencia from Jardín del Turia** provide all three of these resources, aimed to help alleviate the symptoms of this widely spread condition which affects around 15% of the population, this is more than 50 million people in the US alone.

Recorded in Hi-res audio 96k/32b with Binaural techniques, mastered down to 96k/24b, Apple Digital Masters certified.

Credits

Executive Producer: Edgardo Vertanessian

Recorded, Mixed, and Mastered in Hi-Res 96/24 by Edgardo Vertanessian