

Vermont Sleep Sounds & Music Uses Immersive Audio to Help Promote Sleep

Innovative health app takes advantage of Dolby Atmos on the new iPhone 11 to generate a relaxing environment to help promote sleep.

About the App

Vermont Sleep Sounds & Music features original recordings of music, nature and white noise sounds, meticulously hand-crafted for quality and effectiveness on mobile devices. The app is the first of it's kind to include support for Dolby Atmos, a new feature on iPhones and iPads which takes advantage of multiple speaker arrays to present a richer, more immersive audio experience.

Vermont Sleep Sounds & Music is also unique in that many of the sounds offer variable options to allow user to customize their own sleep soundscape. For example, fan sounds all have various speed settings and the rain sounds are offered as with or without thunder. A mixer page allows users to blend sounds and set custom audio levels, and the sleep timer features a slow, gentle fade.

Feature List

- Configurable sounds let allow adjustment of fan speeds, selection of wind intensity, or even allow the user to toggle thunder on or off for rain sounds.
- Dolby Atmos support enhances speaker or headphone experience to help users escape their surroundings.
- Music tracks feature a mix of tranquil piano and classical guitar melodies. Perfect for meditation or drifting off to sleep.
- Mixer page lets users blend white noise, rain, or other sounds as desired to create their own personal mix.
- Supports Airplay and Bluetooth speakers.
- No subscription required. A single in-app purchase unlocks all current and future sounds.

Pricing And Availability

Vermont Sleep Sounds & Music is available as a free download where users can try out a few sounds, explore the customizable options, and even audition Apple's new Dolby

Atmos feature. The app is unique among its competitors in that it eschews the growing trend of an app subscription business model. With Vermont Sleep Sounds & Music, a single in-app purchase unlocks all available and future sounds.

Vermont Sleep Sounds & Music is available for iPhone and iPad as a free download on the Apple App Store beginning May 26, 2020.

App Store link: <https://apps.apple.com/us/app/vermont-sleep-sounds-music/id1487449557?ls=1>

Inspiration

Vermont Sleep Sounds & Music was created by Jeff Perrin, an audio engineer and musician who knows first-hand about sleep loss and insomnia, having spent his entire adult life learning to cope with the sleep depriving effects of tinnitus and anxiety.

To create the best possible sounds for relaxing, Perrin spent over a year recording and producing the various music, white noise, and ambient nature tracks found within the app, using high-quality microphones and recording equipment. “I didn’t want to simply download foley tracks from online sound libraries, as I found many library tracks to be of either low quality, or designed more as background ambience for movie and TV soundtracks. Instead, I wanted to record fresh, authentic sounds produced to sound great over whichever device you have in your bedroom, be it a bluetooth speaker, a HomePod, or just your iPhone speakers.”

White noise and nature sounds were captured from various locations of Perrin’s home state of Vermont, and the music was composed and performed by Perrin himself. “One of my early sleep aids consisted of falling asleep to CDs of renowned classical guitarist Andre Segovia. However, one of the drawbacks of classical music is the more dynamic tracks tend to rouse you just as you’re falling asleep. With the music in Vermont Sleep Sounds & Music, I wanted to create a sonic blanket of calm and relaxation, inspired by the soft, soothing tones of the nylon strings found on classical guitars.”

Press Contact

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**Dolby Atmos playback over speakers requires iPhone 11 or higher, or iPad Pro 2018 or later. Non-supported iPhones and iPads include support for Dolby Atmos for headphones only.*