Sonosync: New relaxation music app matches the music tempo to the listener's resting heartbeat

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Released today: "Sonosync" . A new relaxation music app for iPhone and iPad. Featuring high quality ambient music – guaranteed to be free from whale song and panpipes!

Designed to help with the stresses and strains of modern life.... whether you are in need of some extra help to get to sleep; you'd like some time out to pamper yourself with a bath or a massage; or you're on public transport and want to mentally escape the mayhem. The Sonosync app is the perfect solution and accompaniment for all of these situations and more. It also works as a great sleep app for babies and young children due to the use of water and other natural sounds in the background.

Sonosync was created by Dr Nick Webb (PhD in Acoustics, Southampton University). The music has previously been used by L'Oreal (new product marketing for Kerastase), Cathay Pacific (in-flight relaxation music channel) and Elizabeth Arden Stores (in-store music).

How it works
Sonosync contains five different musical compositions for relaxation and meditation, each recorded at three different tempos, providing over two hours of music. Studies have shown that listeners find the version with the tempo closest to their heartbeat to be the most relaxing.

Sonosync Features
The free version of the app allows you to listen to five full length compositions at the highest tempo. In-app purchase (£2.99 on the Apple UK Store) allows you to access the following additional features:

1) Tempo Variations
Three variations of each composition. You choose the tempo that is most relaxing for you. Over time you may find you gradually move to the slower versions as your relaxation levels increase. Each variation was recorded and mixed separately by the composer. There are subtle differences in every recording, in order to make the music work perfectly at each tempo.

2) Sleep Timer
Use the sleep timer to automatically fade out the music and images and drift into a peaceful sleep.

3) Extra photos
You will also receive 36 beautiful, calming photos which automatically play in the background making the Sonosync experience even more relaxing.

ABOUT US
The Sonosync process and music was created by Dr Nick Webb
Software developer: Dr Tony Briscoe for One in a Billion Apps Ltd

Nick and Tony met at the University of Southampton circa 1996 where they were both studying for PhDs in the Department of Acoustics.

Since 2001 Nick has run a record label selling ambient and relaxation music and a CD duplication business. Tony had a successful career in the music business including publishing deals with Sony ATV and BMG before setting up a software development company specialising in software for Apple products.

FOR MORE INFO:

Direct link to the app on iTunes store:
https://goo.gl/FNAJWW

Contact Nick Webb on 07482 570829 or info@sonosync.com

Press pack
Screenshots of the app and music samples are available here:
www.sonosync.com/press.html

Media:

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T. 07482 570829
E. info@sonosync.com
W. https://www.sonosync.com

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