15-Minute Sound Practice Card and Safe Listening Guide

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1. Your 15-minute practice

Humming breath (Bhramari) · 3 min	Om chanting · 5 min	Listening meditation · 7 min
1. Sit tall, shoulders soft, eyes closed.	1. Comfortable breath in.	1. Sound a bowl gently, or play a calm track quietly.
2. Breathe in gently through the nose.	2. "Aaa" from the belly, "Ooo" in the chest, "Mmm" in the lips and head.	2. Follow the sound until it fades.
3. Breathe out with a long, soft hum, lips closed.	3. Let the silence last as long as the sound.	3. Rest in the silence.
4. 5 to 10 breaths, then rest 1 minute.	4. Repeat 3 to 9 times.	4. Sound it again when your mind wanders.
Never press into the ear canal. Skip with ear pain or infection.	Natural pitch and volume. Hoarse? Stop.	End lying down in Shavasana if you like.

Stop if you feel dizzy, short of breath or distressed. It is always fine to open your eyes, sit up or stop.

2. Safe listening

WHO-ITU standard: adults up to **80 dB for 40 hours a week**; children up to **75 dB**. Keep headphones well below maximum.

[ ] Sit away from large gongs at a sound bath [ ] No relaxation or sleep tracks while driving

[ ] Tinnitus or sound sensitivity? Ask your audiologist first [ ] Epilepsy? Check with your neurologist first

[ ] Pregnant or have a pacemaker or implant? Keep bowls off the body unless your doctor agrees

[ ] Children: lower volume. Pets: let them leave the room; no loud bowls or gongs near them

3. Frequency claim check

Does it name a study you can look up? Was it done in people? Did it compare against ordinary music or silence? Is the seller the source?

If the answers are no, no, no and yes, treat it as marketing. No credible research shows 528 Hz or any tone repairs DNA.

4. What the research supports best

Calm music you enjoy, at low volume, as part of a bedtime routine probably improves self-reported sleep quality (Cochrane 2022, moderate certainty). Singing bowls and binaural beats show early, preliminary results.

5. 7-day practice log

Day	Practice	Minutes	Calm before (0-10)	Calm after (0-10)	Notes
1					
2					
3					
4					
5					
6					
7					

Sound practice is not a substitute for treatment. For ongoing anxiety, low mood, insomnia, pain or hearing changes, see a doctor. In a crisis in the US, call or text 988.