

If you have an iPod or an iPod nano, you can program it to shut off in 30 minutes of sleeping and set an alarm for the morning.

On your computer...

1. Load up iTunes
2. Insert your CD and import the songs to iTunes, or download the MP3's from this website
3. The track information should automatically load from iTunes. If not, you can rename the tracks.
Track 1: Harriman Birds
Track 2: Waveny Rain
Track 3: Wake Up!
4. Add a playlist by clicking on the + sign on the bottom left. Name the playlist for the sleep tracks, such as "Sleep Brainwaves."
5. Add another playlist for the morning tracks, such as "Morning Brainwaves."
6. Drag Track 1: Harriman Birds and Track 2: Waveny Rain into the sleep tracks playlist.
7. Drag Track 3: Wake Up! to the morning tracks playlist.
8. Safely disconnect your iPod by ejecting it from iTunes.

On your iPod...

1. From the top menu, click on Extras then Clock.
2. If you have not set your clock, you may set it now. Once set, click on Clock.
3. Take note of the Alarm Clock and Sleep Timer features.
4. Click on Alarm Clock to turn it on, set the time you want, and select your morning playlist as the sound to play.
5. Next, set the Sleep Timer to 30 minutes.
6. Click on the Menu button to get to the top menu.
7. Select Music then Playlists then your sleep playlist then the song you want to help you sleep.
8. You're done!

In the future, all you need to set is the Sleep Timer, unless your alarm time changes.