



The Sleepy Owl Soundscape Pack

Six branded soundscapes for sleep, settling, and stolen 5-minute breaks.

What's in the pack

Six MP3 audio tracks, ~82 MB total. Download once, save to your phone or a Bluetooth speaker, loop them whenever you need them.

Track 1 — Gentle Rain (20 minutes)

A soft, steady rain on a tin roof. No thunder, no traffic, no narration.

Best for: bedtime wind-down, naps, white-noise sleep aid. **Why it works:** rain at a steady volume masks the household noise that wakes light sleepers — kettle, post, neighbour's door.

Track 2 — Womb Sounds (20 minutes)

A low, rhythmic whoosh that mimics the sound a baby heard for nine months before being born.

Best for: newborns and early-months babies who fight sleep. Also surprisingly settling for older babies who've had a rough day. **Why it works:** it's the most familiar sound in their entire memory.

Track 3 — Ocean Waves (15 minutes)

A slow, rhythmic pulse — the texture of distant waves rolling in. No crash, no seagulls.

Best for: the wind-down before sleep, or as a calming background while you both sit on the rug. **Why it works:** the slow pulse paces breathing down naturally — yours and hers.



Track 4 — Classic White Noise (30 minutes)

The classic — a steady, neutral white noise. No melody, no rhythm, no surprises.

Best for: travel, naps in unfamiliar places, hotel rooms, the car. Also: blocking out a sibling. **Why it works:** a baby's brain expects ambient noise. Total silence is unfamiliar and often more disruptive than steady noise.

Track 5 — Forest Morning (20 minutes)

A soft, breezy ambient layer — the texture of early-morning leaves and distant rustles. No harsh sounds.

Best for: morning naps, settling after a wake-up, calm playtime background. **Why it works:** mildly engaging without being stimulating — perfect for the quiet-but-not-asleep moments.

Track 6 — The Quiet Wind-Down (10 minutes)

A gentle layer that fades slowly to silence over 10 minutes. Designed to play as your wind-down routine starts and end as she's drifting off.

Best for: the last 10 minutes of the bedtime routine — bath-and-pyjamas, then this on the speaker, then the cot. **Why it works:** the slow fade does the "winding down" for you. By the time it's silent, she's already there.

How to use the pack

Download: save all 6 MP3s to your phone. They work offline — perfect for planes, drives, parks.

Cot setup: a small Bluetooth speaker on the floor near the cot (not in it), low volume. **Volume rule:** quiet enough that you can still hear her breathing. The point is masking, not drowning. **Loop:** most music apps let you loop a single track. Track 4 (White Noise) is especially good for loop-all-night.



A note on screen-free use

The pack works on any device that plays audio — old iPads, dedicated white-noise machines, Alexa devices, smart speakers, car stereos. Save the files to whatever device fits your routine.

Sweet dreams

If a track helps her settle once, you'll loop it for years. Truly.

— *NoBooBoos*