
Subject: Re: Do you sleep to music?

Posted by [Kingfish](#) on Tue, 28 Feb 2017 18:57:38 GMT

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It helps me sleep better because it helps dictate the direction my dreams go. Or at least that's the way it seems. I first noticed this when I had this song on a cd shuffle many years ago:

<https://www.youtube.com/watch?v=V94pBIA4n7U>

I won't go into the dream, but there were people and places I had never seen at that point.....it was interesting.
