

---

Subject: Re: Do you sleep to music?

Posted by [Amber](#) on Mon, 17 Apr 2017 17:11:03 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

I don't sleep to music every night, but at least five days out of the week. Depending on what genre it is on, it usually does make me relax to fall asleep. Anything acoustic or acapella definitely gets the job done.

---