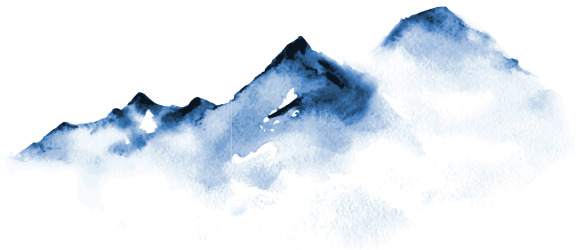
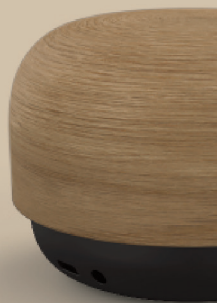


morphée

The blue book of sleep



Hello and welcome
to the *★ ★ ★*
morphée
universe



Your new night companion...

Morphée helps you fall asleep **faster**, and to benefit from a **deep and restful sleep**.

The **meditation** and **relaxation** sessions contained in **Morphée** were all carried out by **sleep experts**.

The sessions were designed to be listened to at **bedtime** or during **nocturnal awakenings**.

They can be selected with the **booklet** as a guide, or **randomly**.

The sessions with the **female voice** are different from those with the **male voice**. The 8 and 20-minute sessions are also different.

We invite you to write down your favourite sessions in the "**my notebook**" section at the end of this booklet.

Sleep tight!

PS: The **wooden cover** protects **Morphée** during transport and also serves as a **base!**



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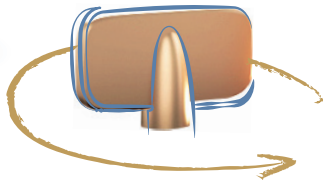
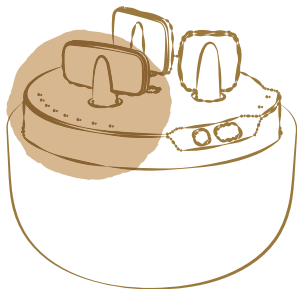
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How *morphée* works

7

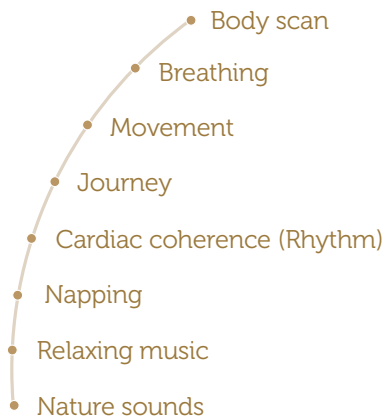


Turn the first key

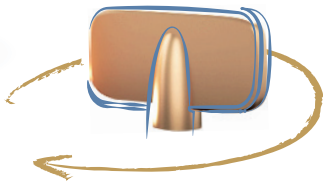
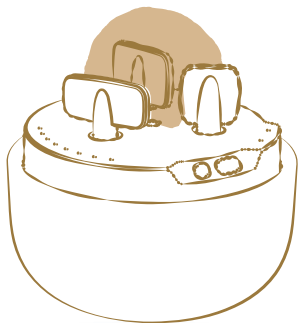


- This key allows you to choose **the theme** of your session.

Morphée contains 8 themes:

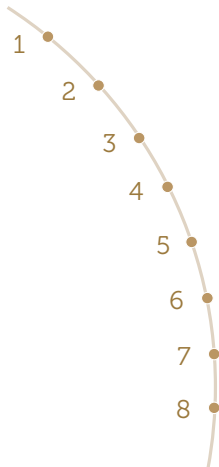


2 Turn the second key



- With this key, choose **your session**.

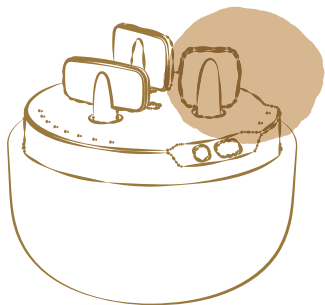
Each theme contains 8 different sessions:



3



And the third key



- Using the third key, choose **the duration of your session.**

Each session lasts 8 or 20 minutes.



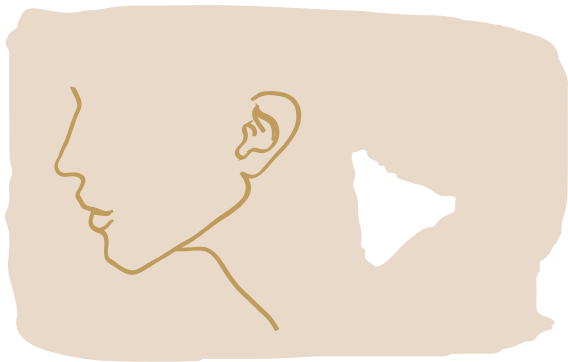
- You can choose the voice that will guide you: **male or female**, thanks to the switch next to the volume buttons



4



Press "Play"





- And **listen to your session** through the integrated speaker or with your headphones.

- **Let yourself be guided by the voice** that invites you to relax and shift your attention from your thoughts to your body and your breathing.

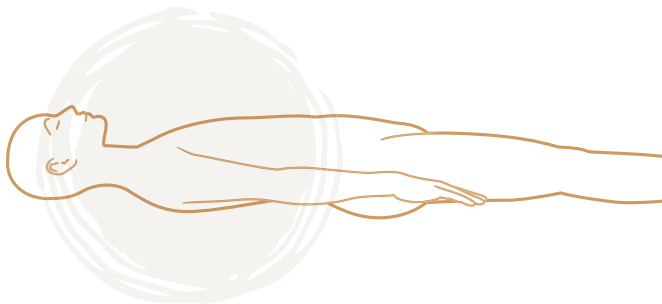


Morphée switches off by itself at the end of each session.

morphee
Themes



#1 Body scan



The “body scan” sessions invite you
to shift your attention to your body.

When doing so, **the flow of thoughts slows down**
and gradually relaxes each part of the body.

#2 Breathing



These sessions allow you to **relax by shifting your attention to your breathing.**

They **calm the mind** and enable you to **focus on the present moment to fall asleep more peacefully.**

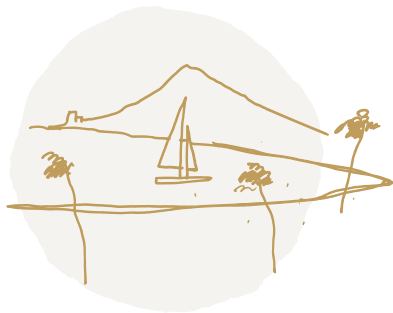
#3 Movement



These sessions invite you to lightly contract certain muscles **to feel them relax when you breathe out.**

They allow you **to focus on your feelings and release any tensions** that may have built up.

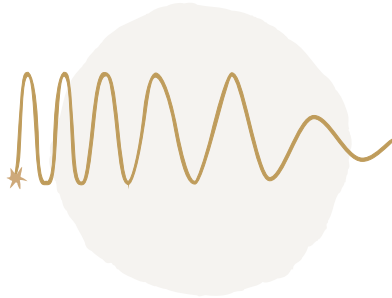
#4 Immersive journeys (visualisations)



Along with some nature sounds, these sessions will transport you to **a new world**: the beach, the mountains or even a bike ride.

They help to **unwind by imagining pleasant and peaceful situations.**

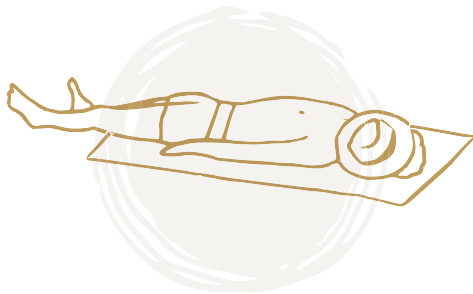
#5 Cardiac coherence



These sessions reduce the number of breaths per minute (they go from 10 to 6)
to decrease the heart rate.

When doing so, your body **relaxes**
and gradually **allows you to fall asleep.**

#6 Napping



The sessions begin with a **4-minute relaxation period**.

8 or 20 minutes of silence follow, depending on the position of the "duration" key.

After this period of silence, **nature sounds** will gently wake you up announcing the end of the session.

#7 Relaxing music



Morphée contains **8 original music tracks**
composed by Gilles Maugenest.

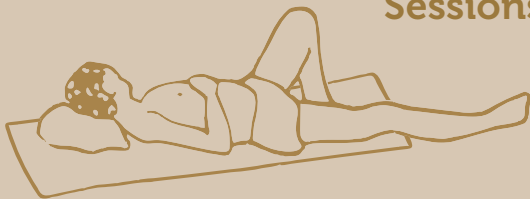
#8 Nature sounds



Morphée contains **8 nature sounds**, which were recorded in 3D. These recordings allow you **to be completely immersed** when listening with headphones.

The sounds were recorded from all around the world to best replicate the different atmospheres.

morphee
Sessions





All the sessions were carried out by a **team of sleep experts**, supervised by **Florence Binay**, a relaxation & sophrology expert specialised in sleep.

They enable you to focus on the present moment while relaxing the body and calming the mind.

These 3 elements are the pillars of a fast, deep and restful sleep.

Body scan



- 1 - **Presence bubble:** body scan from head to toe
- 2 - **The present moment:** variant of body scan
- 3 - **Calming observation:** bring your attention to your bodily sensations
- 4 - **Duo:** body scan in coupled observation
- 5 - **Strengthen your awareness:** front / back body scan
- 6 - **Relax your mind:** right / left body scan
- 7 - **Let go:** awareness of bodily tensions and relaxation
- 8 - **Mountain:** body scan associated with a visualisation of mountainous landscapes

Breathing

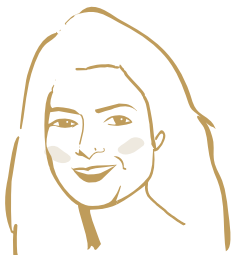
- 1 - **Serene and calm:** discover the relaxing effects of breathing
- 2 - **Respiratory stroll:** observation of spaces between each breath
- 3 - **Bubble of relaxation:** exhale to relax the body
- 4 - **1,2,3 sleep:** count your breaths to disconnect from your day or to calm your mind and body
- 5 - **Breathing wave:** let yourself be lulled by your breathing
- 6 - **Triangle:** contain your breathing to lighten your body and mind
- 7 - **Present moment:** take root in the present moment
- 8 - **Power of calm:** soak up calm, contentment, and serenity

Movement

- 1 - **Tense - relax:** release of bodily tensions
- 2 - **Stretching - relaxing:** release of muscle tension
- 3 - **Great calm:** complete relaxation of the body
- 4 - **Here and now:** release of the key points of relaxation
- 5 - **Serene face:** self-massage face and scalp
- 6 - **Hands:** self-massage of the belly
- 7 - **Herbal tea:** feel the heat that diffuses in the body
- 8 - **Contraction - relaxation:** positivity surrounding sleep

Immersive journeys
(visualisations)

Morphée contains 16 visualisations, half of which are read by a female voice, Gina, and the other half by a male voice, Piers.



Gina



Piers

- 1 - Dolphins
- 2 - The Amazon Rainforest
- 3 - The chestnut tree
- 4 - The lake
- 5 - Massage
- 6 - The parachute jump
- 7 - Rice fields
- 8 - By the sea

- 1 - The canal
- 2 - The prairie
- 3 - Le log fire
- 4 - La deep valley
- 5 - Le vegetable garden
- 6 - The desert
- 7 - Cycling
- 8 - The dive

Cardiac coherence

- 1 - Session guided by voice and breath
- 2 - Session guided by sound
- 3 - Session guided by sound + beach
- 4 - Session guided by sound + storm
- 5 - Session guided by sound + cat
- 6 - Session guided by sound + jungle
- 7 - Session guided by sound + birds
- 8 - Session guided by sound + fire



Mapping

- 1 - **Stretch - relaxation:** attention is paid to the respiratory movements
- 2 - **Movement - relaxation:** body mobilisation and respiratory relaxation
- 3 - **Support:** attention is paid to the support points of the body
- 4 - **Rocking:** wave of relaxation thanks to a body scan
- 5 - **Counted breathing:** count your time to breathe in and out
- 6 - **Costal breathing:** relaxation of the diaphragm
- 7 - **Synchronised breathing:** inhaling, blocking and exhaling workshop
- 8 - **Abdominal breathing:** follow the abdominal breathing with your hands on your stomach

Relaxing music

- 1 - Easterlies
- 2 - Childhood
- 3 - Deep sea
- 4 - The treehouse
- 5 - The lagoon
- 6 - Spring
- 7 - In the stars
- 8 - A dance

Nature sounds

- 1 - **The cat:** Burmese cat, asleep in an apartment in Paris
- 2 - **The log fire:** Rättvik, Sweden
- 3 - **The jungle:** Tikal, Guatemala
- 4 - **The birds:** Sumbawa, Indonesia
- 5 - **The storm:** Tsumago, Japan
- 6 - **The beach:** Anse noire, Martinique
- 7 - **The night:** Le Tholonet, Provence
- 8 - **White noise:** For young and old





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Sleeping tips

**Advice provided by Caroline Rome,
relaxation & sophrology expert specialised in sleep and alertness,
in charge of the sleep center at the Hôtel-Dieu in Paris.**

Preparation for sleep

Preparing for sleep is of great importance.

It is useful, during the day, to let go at times by focusing on your diaphragmatic breathing and relaxing your shoulders.

These little exercises can be done for a few seconds, at a red light, while taking the lift or queuing up.

Avoid digital screens in the bedroom

**Smartphones and screens are considered
by experts to be the “worst enemies of sleep”.**

Indeed, screens emit blue light, which blocks the production of melatonin, the sleep hormone.

In addition, using a smartphone at bedtime creates mental unrest and keeps you in a wakeful state.

Fixed schedule

Many studies highlight **the importance of having regular sleep and wake up schedules on sleep quality.**

It is recommended to not snooze the alarm clock for more than one hour on weekends compared to during the week.

Don't force yourself

Trying to sleep at all costs can create tension and generate stress.

If you feel too restless, it is best to avoid going to bed.

The best time to go to bed is
when the following stimuli appear:

Yawning
Blinking
Loss of focus
Slight chills

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Power & battery



- **Battery life:**
Over 3 hours in “in play mode”
with the usage of the integrated speaker
- **Charging time:** 2 hours
- **When the indicator light is red,**
this means that the battery is low
- **When Morphée is charging,**
an indicator light flashes 3 times
(this indicator light does not appear
when Morphée is switch off)
- **When Morphée is fully charged,**
the indicator light turns orange

Contact us

A question? An opinion? A suggestion? Or just want to say hello :)

hello@morphee.co

—

Join the community on **Morphée** sur  

Our products already used by over 300,000 people.

—

Have you heard about My little Morphée ?



**192 soothing stories
for children.**

To calm down during
the day and fall asleep
easily at bedtime.



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Legal notice

Warranty

Morphée benefits from the legal guarantee against any material and manufacturing defect under normal conditions of use for a period of 1 year. Any return of the product under warranty must be subject to the prior agreement of Audiozen. The customer will contact Audiozen's customer service, which undertakes to return, at its expense, a product in good working order.



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5.0V  0.5A
Rev E UK

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- Sessions read by Juliette Chêne and Marc Duquenoy
- Illustrations and graphic design by Myriam Correard
- Design of Morphée by Fritsch et Durisotti agency
- Sounds of nature recorded and mixed by Arthur Meyer
- Original music composed by Gilles Maugenest

My notebook

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The key to sleep