I. The theoretical basis

	Knowledge and skills as the basis of our success	6
	In search of new learning methods	7
	Source references and the content areas of use	8
	Wonderful memory performance in hypnosis	9
	The determining factor: memory or the ability to recall?	11
	Interesting tests to make during sleep	12
	The purpose and advantages of learning while you sleep	14
	Our brain continues to work during sleep	14
	From ancient sleep temples	15
	Learn faster and easier by learning while you sleep	16
	Incorrect learning and correct learning	17
	What is important in learning while you sleep	18
	The familiarisation phase	19
	How long does the familiarisation phase last?	20
E-2000000	The practical basis	
# CONTRACTO	The practical basis The proper implementation of the method	21
EXCENSES:	·	
E	The proper implementation of the method	21
	The proper implementation of the method	21 22
	The proper implementation of the method	21 22 22
	The proper implementation of the method	21 22 22 23
10.	The proper implementation of the method	21 22 22 23 24
	The proper implementation of the method Systematic work – systematic learning The practice of familiarisation in learning while you sleep 1. Learning while you sleep with sound production	21 22 23 24 25
10.	The proper implementation of the method Systematic work – systematic learning The practice of familiarisation in learning while you sleep 1. Learning while you sleep with sound production	21 22 23 24 25
11.	The proper implementation of the method Systematic work – systematic learning The practice of familiarisation in learning while you sleep 1. Learning while you sleep with sound production	21 22 23 24 25 26
10.	The proper implementation of the method Systematic work – systematic learning	21 22 23 24 25 25 26
10.	The proper implementation of the method Systematic work – systematic learning The practice of familiarisation in learning while you sleep 1. Learning while you sleep with sound production 2. Learning while you sleep with a recording device The first practical attempts at learning while you sleep The best time for learning while you sleep An increase in subconscious receptiveness Relaxation exercises How often do texts have to be repeated while you sleep?	21 22 23 24 25 25 26 27



111.	rechnical equipment and devices for learning while you sleep	
	1. Audio player or audio recorder	30
	2. Sound carriers	30
	3. A loudspeaker or mini-headphones	30
	4. A time switch	31
	Which digital audio player is suitable for learning while you sleep?	31
	Which tape recorder is suitable for learning while you sleep?	33
	Which type of recording device is suitable for learning while you sleep?	33
	Loudspeakers and mini-headphones	35
	A time switch	.36
	Connecting the devices together	. 36
	How to create good sound quality	. 37
IV.	Practical guide to learning while you sleep	
	Learn foreign languages while you sleep	. 38
	The standard method	. 38
	Retrieval through follow-up practice	. 39
	The toga sleep-learning method for foreign languages	. 39
	Increasing your vocabulary through learning while you sleep	. 40
	Advanced foreign language skills	. 41
	Learn while you sleep with long-distance technical study	. 42
	Active learning with long-distance technical study	. 43
	Effective professional further training while you sleep	. 44
	1. Further training with the aid of text books	. 45
	2. Further training with the aid of trade journals	. 45
	Sleep-learning for inventors and creative people	. 46
V.	Learn while you sleep without any technical aids	
	Pre-sleep learning	. 47
	Pre-sleep short learning method	. 48
	Pre-sleep imagination (pre-sleep images)	. 48

	Sleep-learning with assistance from others	50
	Learning in hypnosis	50
	Learning while half-asleep	
	Learning under deep relaxation	51
	The theory of deep relaxation	
	Learning through being hypnotised	53
	Related learning methods	54
	An ancient method – nowadays modern again	54
	The method of rhythmic repetition	55
	The method of text streaming	55
	Learning foreign languages quite incidentally	56
	Text streaming for actors	57
	A completely new method of learning: subliminal learning	57
VI.	Self-improvement while you sleep	
	The theoretical basis of sleep suggestions	60
	The doctrine of the powerful subconscious	61
	The practice of sleep suggestions by way of examples	61
	Positive sleep suggestions	63
	How often must sleep suggestions be repeated?	64
	Sleep better with sleep sound recordings	64
	Sample recordings for relaxation suggestions	65
	Formulating sleep suggestions	66
	1. Sample: Self-confidence and self-assurance	66
	2. Sample: Increasing vitality (for those over 40 years of age)	67
	3. Sample: Increasing energy	67
	4. Sample: Overcoming pessimism	67
	5. Sample: Obtaining personal courage	67
	6. Sample: Overcoming grief	67
	7. Sample: Clear and rational thinking	
	The practical application of sleep suggestions	
	New paths – new opportunities	69
	References	