

Vermont Sleep Sounds & Music Brings Relaxing Surround Soundscapes to the Apple TV

Innovative health app takes advantage of Dolby Digital surround sound to help users relax and unwind.

About the App

Vermont Sleep Sounds & Music features original recordings of music, nature and white noise sounds, meticulously hand-crafted for quality and produced to take advantage of home theater equipment such as surround speakers, sound bars, and even Apple HomePods. The app is the first of its kind to include support for Dolby Digital surround sound audio, allowing users to effectively transform their living room or home theater space into the ultimate relaxation getaway.

Vermont Sleep Sounds & Music is also unique in that many of the sounds offer variable options to allow user to customize their own sleep soundscape. For example, fan sounds all have various speed settings and the rain sounds are offered as with or without thunder. A mixer page allows users to blend sounds and set custom audio levels, and the sleep timer features a slow, gentle fade.

Feature List

- Configurable sounds let allow adjustment of fan speeds, selection of wind intensity, or even allow the user to toggle thunder on or off for rain sounds.
- Dolby Digital support enhances speaker or headphone experience to help users escape their surroundings.
- Music tracks feature a mix of tranquil piano and classical guitar melodies. Perfect for meditation or drifting off to sleep.
- Mixer page lets users blend white noise, rain, or other sounds as desired to create their own personal mix.
- Users can save their custom soundscapes to create playlists for any occasion.
- No subscription required. A single in-app purchase unlocks all current and future sounds.

Pricing And Availability

Vermont Sleep Sounds & Music is available as a free download where users can try out sounds, explore the customizable options, and even audition Dolby surround options.

The app is unique among its competitors in that it eschews the growing trend of an app subscription business model. With Vermont Sleep Sounds & Music, a single in-app purchase unlocks all available and future sounds.

Vermont Sleep Sounds & Music is available for iPhone, iPad and Apple TV as a free download on the Apple App Store.

App Store link: <https://apps.apple.com/us/app/vermont-sleep-sounds-music/id1487449557>

Inspiration

Vermont Sleep Sounds & Music was created by Jeff Perrin, an audio engineer and musician who knows first-hand about sleep loss and insomnia, having spent his entire adult life learning to cope with the sleep depriving effects of tinnitus and anxiety.

To create the best possible sounds for relaxing, Perrin spent over a year recording and producing the various music, white noise, and ambient nature tracks found within the app, using high-quality microphones and recording equipment. “I didn’t want to simply download foley tracks from online sound libraries, as I found many library tracks to be of either low quality, or designed more as background ambience for movie and TV soundtracks. Instead, I wanted to record fresh, authentic sounds produced to sound great over whichever device you have available, be it a bluetooth speaker, a HomePod, or just your iPhone speakers. And tvOS support offers even more options for users with home theater surround speakers or sound bars.”

White noise and nature sounds were captured from various locations of Perrin’s home state of Vermont, and the music was composed and performed by Perrin himself. “One of my early sleep aids consisted of falling asleep to CDs of renowned classical guitarist Andre Segovia. However, one of the drawbacks of classical music is the more dynamic tracks tend to rouse you just as you’re falling asleep. With the music for Vermont Sleep Sounds & Music, I wanted to create a sonic blanket of calm and relaxation, inspired by the soft, soothing tones of the nylon strings found on classical guitars.”

Press Contact

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**Dolby Digital playback requires a Dolby-enabled TV, sound bar, or audio receiver. Users with optical audio connections may need to update their Apple TV to tvOS version 14.5 or later.*