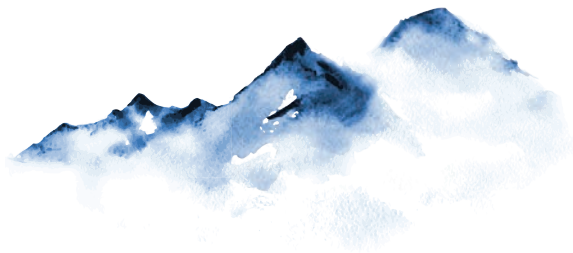


morphee

The blue book of sleep



Hello and welcome

to

★ ★ ★
morphée

Your new night companion...

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

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

The sessions were designed to be listened to in bed, 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.

Sleep tight!

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

How to get started? First, choose your language!

Hold the  button and then press 

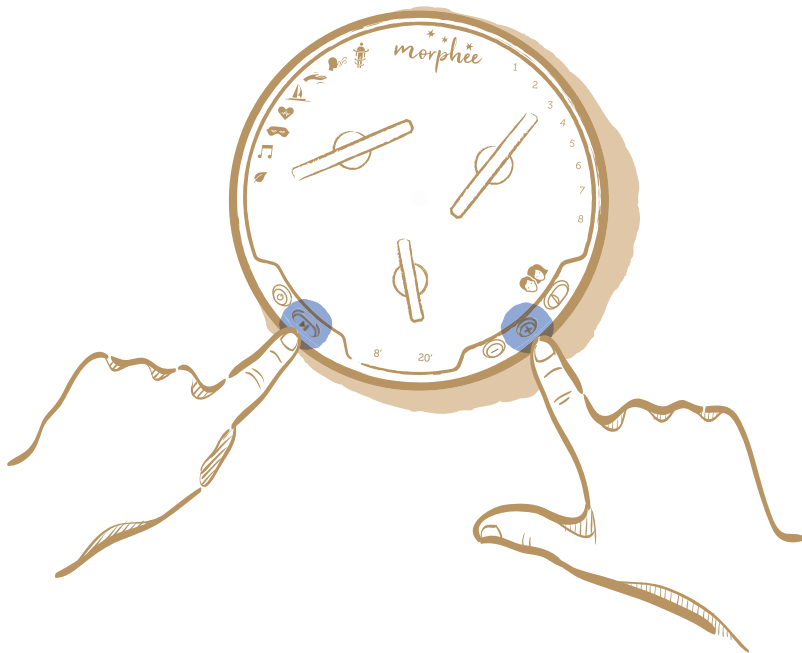
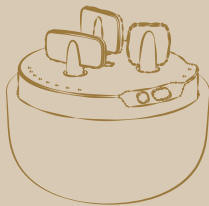


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How *morphee* works

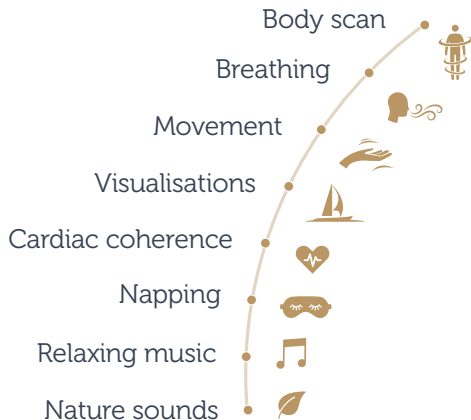


1

Turn the first key

to choose **the theme** of your session.

Morphée contains 8 themes:



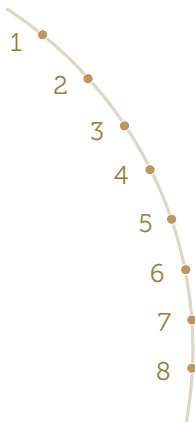
2



Turn the second key

to choose **your session**.

Each theme contains 8 different sessions:



3



With the third key

choose **the duration of your session.**

Each session lasts for 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.**

★ ★ ★
morphée
Themes & sessions





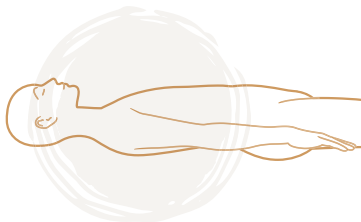
All the sessions were carried out by a team of sleep experts, supervised by Florence Binay, a sophrology expert specialised in sleep.

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.**

#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 each part of the body gradually relaxes.**

The sessions

- 1 - **Presence bubble:** body scan from head to toe
- 2 - **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 mountain landscape.

#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.

The sessions

- 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

#3 Movement



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

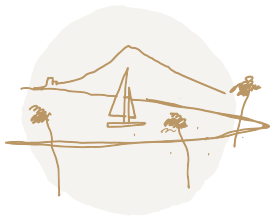
They allow you **to focus on your feelings and release any tensions that may have built up.**

The sessions

- 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

#4

Visualisations



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**.

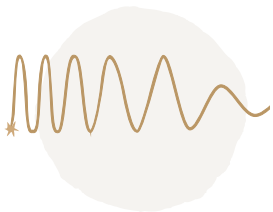
Morphée contains 16 visualisations, half of which are read by a female voice, Gina, and the other half by a male voice, Piers.

The sessions

- 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 - The log fire
- 4 - The deep valley
- 5 - The vegetable garden
- 6 - The desert
- 7 - Cycling
- 8 - The dive

#5 Cardiac coherence



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

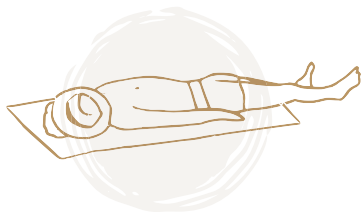
This exercise **relaxes your body** and **gradually allows you to fall asleep.**

The sessions

- 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



#6 Napping



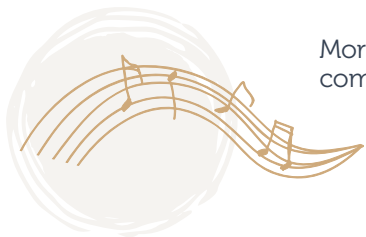
The sessions begin with a **4-minute relaxation period.**

8 or 20 minutes of silence follows, 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.

The sessions

- 1 - Stretch-relaxation
- 2 - Movement-relaxation
- 3 - Support
- 4 - Rocking
- 5 - Counted breathing
- 6 - Costal breathing
- 7 - Synchronised breathing
- 8 - Abdominal breathing

#7 Relaxing music



Morphée contains **8 relaxing songs**, composed by Gilles Maugenest.



The sessions

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



#8 Nature sounds



Morphée has **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.

The sessions

- 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



Contact us

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

hello@morphee.co



Join the community on:



To offer Morphée to a loved one:

www.morphee.co

Power & battery

- **Battery life:** over 3h30
- **Charging time:** 2 hours
- **Red indicator light:** battery is low
- **Charging Morphée:** an indicator light flashes 3 times
- **Orange indicator light:** Morphée is fully charged

Legal notice

Warranty

Morphée benefits from the legal guarantee against any material and manufacturing defect under normal conditions for a two-year period.

Any product return 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.

Acknowledgements

Sessions read by Gina Mellotte and Piers Gibbon

Illustrations and graphic design: Myriam Correard

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