

Sounder Sleep System — Paris Kern

[The Sounder Sleep System® Sample lesson “ The Main Squeeze...”](#)

Quoting Paris Kern about The Sounder Sleep System® introducing her immersive workshop:

Why is quality sleep important?

According to the CDC, about one in three American adults isn't getting enough sleep. Scientific research demonstrates that quality sleep is vital for overall health, supporting physical and mental well-being, boosting energy and brain function, improving mood and memory, and strengthening the immune system.

Consequences of poor sleep include impaired judgement, poor decision-making, and increased risk of accidents and injury (especially when driving or when fatigued at the workplace). At the heart of the matter, we need to change our culture to value rest and sleep, for ourselves as individuals and for the planet as a whole.

What are the origins of the Sounder Sleep System™?

Developed by Michael Krugman, a Feldenkrais practitioner, the Sounder Sleep System is based on the Feldenkrais Method® and other healing modalities.

Michael wrote the book *Insomnia Solution*, and taught his techniques to employees of major corporations, healthcare professionals, and in “sleep competence centers” throughout Europe.

How does the Sounder Sleep System work?

The Sounder Sleep System is based on the discovery that certain small, slow, repeated physical movements can shift us from the active, waking state to a state of profound physical and mental repose. When we reach that tranquil state, if we need sleep, we will fall asleep.

The core principle of the Sounder Sleep System is that we can use small, slow, gentle bodily movements to initiate and amplify the nervous system's inhibitory process, at will. The result is natural, restful sleep whenever we need it.

The Sounder Sleep System takes a three-pronged approach, providing specific

tools to use: 1) throughout the day, 2) before bedtime, and 3) while in bed—to help you fall asleep initially and return to sleep after nighttime awakenings.

Who benefits from this immersive workshop?

Anyone looking to enhance their quality of life will enjoy the calming effects of the Sounder Sleep System. Even in moments of high stress, this system provides tools that promote a deep sense of peace, improving overall well-being and fostering more harmonious relationships. Sleep becomes truly refreshing and restorative.

However, this system is not a cure for medical conditions such as sleep apnea or restless leg syndrome. If musculoskeletal discomfort is disrupting your sleep, I recommend exploring Feldenkrais for additional relief.

How long does it take?

Progress builds over time, so while some may notice improvements quickly, it typically takes around three weeks of structured practice to see full results. Once you've absorbed the lessons and trained yourself to relax and fall asleep, even a short session will achieve desired results.