

ELECTRONIC SLEEP INDUCER

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Human may suffer from various sleep disorders including Dyssomnia such as insomnia, hypersomnia, narcolepsy, etc... Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings. Sleep occurs in repeating periods in which the body alternates between two distinct modes, REM(rapid eye movement sleep) sleep and non REM sleep(non-rapid eye movement sleep). Sleep actually occurs when our brain produce delta wave and this can be induced by geo-magnetic field whose frequency are between 2-5 Hz. So by generating artificial geo-magnetic field we can able to induce sleep.

