

Start here

Open this first: **Sleep track — play it here.**



Your sleep track is ready, Hicham. Ten minutes of warm piano at the center over soft pads underneath — no voice, no percussion, nothing that ever spikes or snaps you back awake. It drifts and dissolves rather than resolving, then fades all the way down to true silence. Press play on the track at the top of your workbench; the cover holds on screen the whole time. The plain MP3 is there too if you'd rather drop it on your phone, and the cover art rides alongside. Put it on low tonight and let it carry you off.

What is in the kit

1 **Sleep track — play it here** (open this first)

`song/sleep-piano-and-pads.mp4`

Press play — warm piano and soft pads for ten minutes, fading to silence. The cover holds on screen the whole time.

2 **The audio, on its own (MP3)**

`song/sleep-piano-and-pads.mp3`

The same track as a plain audio file — drop it on your phone or into any playlist.

Filed under Extras

3 **Cover art**

Extras/sleep-cover-plate.png

The amber-into-indigo cover, clean with no text.