

✦ HoomBand

## The headband created by insomniacs to help them fall asleep with stories



Fall asleep listening to a story? That's reassuring. And that's why hundreds of millions of people listen to guided meditations, hypnosis, or ASMR videos every night. However, nothing had yet been thought of for this new kind of listening. The 3 insomniacs and founders of [Dodow](#) (the anti-insomnia tool with 500,000 users) invented it. Discover HoomBand.

### HoomBand, the first audio headband explicitly designed for sleep.

- Thanks to **its ultra-flat earphones wrapped in a soft and lightweight fabric**, the HoomBand is easy to forget. No more cumbersome headphones. No more intrusive earpieces. The comfort of the ear is naturally respected.
- Thanks to **its 1,200 minutes of stories written by sleep specialists**, the HoomBand application makes it easier to let go. These stories are based on mechanisms largely inspired by hypnotherapy. By focusing on his body, and thanks to the voices of practitioners, tonalities, rhythms, music, and frequencies, the user gradually detaches himself from his thoughts and relaxes. Freed from his anxieties, he is ready to fall asleep peacefully, as he did in his childhood.

[Thibault Gouttier](#), hypnotherapist, uses his pen to create sleep stories, and he tells us about it:

*« Basically, the recordings we have created naturally reactivate the sleep mechanisms that we all possess. In form, it's unprecedented! For the first time, hypnosis sessions become metaphorical stories in which you are the protagonist. The result is striking. »*

## Simply sleep.

Far from ultra-connected headsets and expensive tracking devices, HoomBand goes against the trend of sleep tech and «ortho-somnia.» This obsession with achieving perfect sleep is, in fact, often counterproductive.

By taking the side of «low-tech,» HoomBand allows the insomniacs to get back to a peaceful sleep, for 49\$. It will definitely have its place at the foot of the tree this Christmas and is available in S and M/L.



Listen to our stories

### Contact us to live the Hoom experience:

Pierre-Luc Deniel | Co-founder | [pierreluc@mydodow.com](mailto:pierreluc@mydodow.com)

Louiza Moulai | Press Officer | [louiza@mydodow.com](mailto:louiza@mydodow.com) | 06.24.49.70.71