



When symbolic, made up synthetic sound scenarios and natural, acoustic sounds are used like different colours in a palette, took away from their original context, with the same importance and with the purpose to narrate a organic 8 hours long story, this kind of live set is born.

The idea behind Live Sleeping Soundscapes is to tailor a unique aural thread between different states of mind. This music helps to intensify the inner focus, by acting as a lens on the audience subtle mental pre-sleep imagery.

On one hand active meditative states such as the commonly referred “trance induction” which is one of the most significant effect of modern, electronic music and more ancient, tribal gatherings.

On the other hand more quiet, introspective meditative states, which often occurs spontaneously in moments that see the conscious part of the mind drifting off, be it a guided meditation

or a state where the mind and the body are about to rest,  
referred as hypnagogic states.



1st edition of Live Sleeping Soundscapes, 10/8/2017 in Milan (I):





# LIVE SLEEPING SOUNDSCAPES PERFORMANCE AND SLEEP

All forms of sleeping concerts, from tribal rituals, to events where different artists perform in the same night, to more electronics based ones including Live Sleeping Soundscapes, tends to lead the audience to a less deep, uninterrupted sleep experience which favours the development of semi-awareness states of mind.

The music acts as a tool to carry away the attention of the conscious part of the mind while the environment and the setting are very helpful to help the relax of the body, the audience is mostly laying down comfortably in their own sleeping bags and mats.

*From [factmag.com](http://factmag.com):*

*"For all their emphasis on patience and quietude, there are clearly parallels between the sleep concerts and more lurid types of all-night musical happening"*

The setting contains also the "social factor" which is important since it also contributes to the state of mind of the audience, the social factor is nothing else than the human part intended as the other people surrounding the listeners, which can be friends or fellow ambient music lovers, the presence of other people in itself leads the audience to a less deep sleep, so does the noises (walking, whispering, moving) that the people naturally emits. but favours the physiological activation of dream-like states.

There is also a similarity with the experiences felt during trance/psytrance rituals, where a strong and unusual social buzz and sense of aggregation between the people may arise.

In what is considered a normal cycle of sleep the REM (rapid eye movement) state is reached within 3 hours of continuous cerebral sleep activity.

In such performances the fact that we almost never reach the REM phase is useful, because in the onset phase of sleep there is a transitional territory which allows the development of the so called Hypnagogic images.

Hypnagogia is a broad term and refers not only to visual images behind closed eyelids but to bodily sensations and mental insights as well; the same rules apply for Hypnopompic states which refers to the feelings felt upon awakening.

1-Hypnagogic

hypnagogic image

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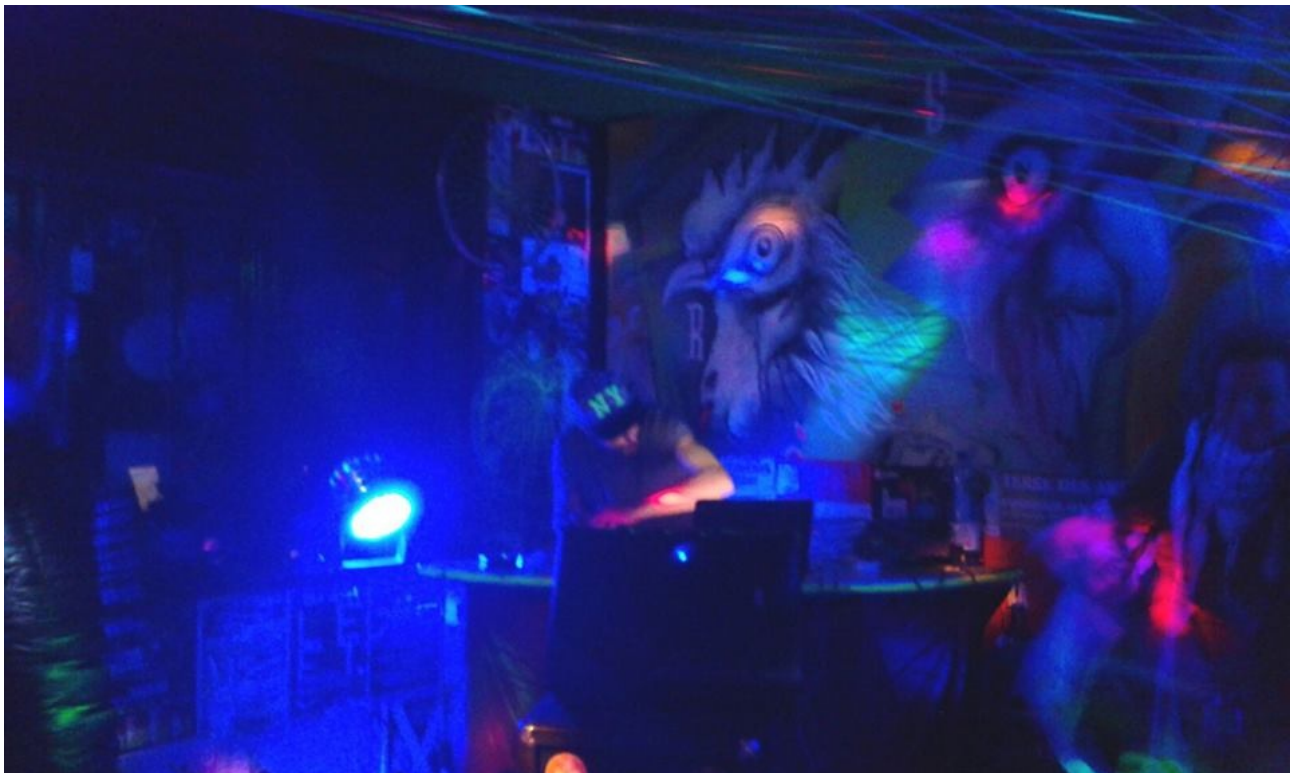
(Psychology) *psychol* an image experienced by a person just before falling asleep, which often resembles a hallucination

Hypnopompic states are said to be one of the gateways for lucid dreams [2]

The musical part with its slow passages acts as a medium to deliver a uniform propagation of a common audible, continuous and coherent “ formula” thru the venue and the audience, which is likely to set a almost equal mind setting (or vibration) for everyone.

Although featuring very slow transitions, Live Sleeping Soundscapes keeps up interest in the awake audience, with subtle variations and fading ear catching elements, sometimes resembling detailed natural ambiances, sometimes totally synthesised and deliberately out of focus.

The combination of partial awareness of the environment, the specific musical flow and the relaxed setting gives to the audience a really unique experience, different from the playback of the recordings or specific sleep music in a private context.

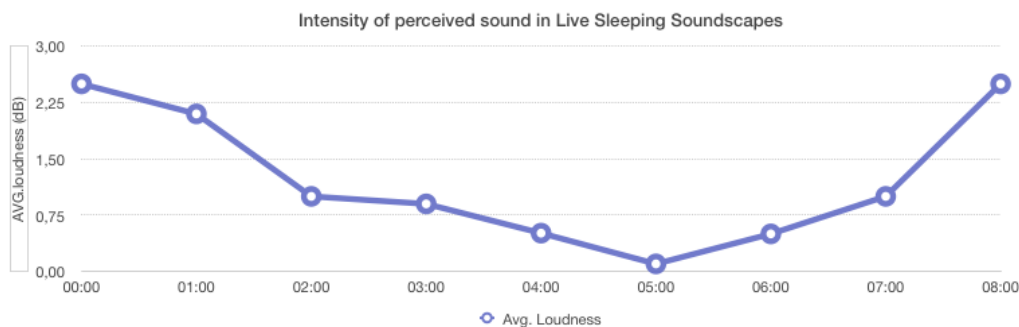


# LIVE SLEEPING SOUNDSCAPES

## PERFORMANCE DESCRIPTION:

The 8 hours long live ambient journey begins with a already beat less, gradual deep spacey music build-up, with the help of synthesisers and realtime samplers, featuring rhythmic arpeggios and soft bass lines, then, approximately after a hour, the intensity of the tones start going down, along with the gradual introduction of processed ambient field recordings to help create the aural illusion in the listeners of sleeping on a real natural ambience with minor evocative harmonic structures

.



The central part features a generally more quite overall perceived loudness, the natural ambience elements and custom electronic sweep noises are merged into a slow paced intertwining that reaches its climax around 6 AM, 6 hours after the starting time of the performance.

In the last two hours we see a gradual reintroduction of the spacey music elements and ever- changing tonal drones with crescendos, melodies and arpeggios settings a quite upward path towards the 8 AM awaking phase, when the loudness is slowly raised to its maximum level with the introduction of human voices-based samples and chants that unveils the

maximum evocative power of this kind of music around the time that the body uses for its awaking phase.

A characteristic which spans all across the 8 hours playing time is the smoothness of each variation, be it the harmonic development of a melody or the volume value of a single ambient sound element. Such slowness mirrors the faded processing time of our minds in a relaxed state, our ears and brains take the necessary time to accommodate new elements in our aural imagery.





Live Sleeping Soundscapes Winter Edition, 6/1/2018 Milan (I):



Live Sleeping Soundscapes at Ambiosonic 2018, Collobrieres (F),  
20/6/2018

