

Sound Therapy Study
Asian Nurses studying for Australian Nursing Registration

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Background

About the ESL teacher and Sound Therapy consultant

My name is Hera Sandison. I am 64 years old and have been teaching languages since I was 8 years old, when we had foreign students in our school, struggling with English. I taught several students from different countries, because I was fascinated by languages & the learning process.

I ran away to school when I was 2 ½, Literate at 3, I was fascinated by a postcard written in German, & yearned to learn the language. I chose my best friend because she was Austrian & her father invited me to visit Austria every year. I chose my first boyfriend because he had German lessons, & I had him teach me some German every day. Later on, I studied French, German, Anglo Saxon & Latin. I was considered retarded at Grammar school & was excluded from many classes. I suspect the real reason was snobbery, because I had won a scholarship & came from a working-class background, whereas the school preferred wealthy foreign students.

I dabbled in various other languages & taught myself Italian whilst learning to teach computing at Rome University in 1963. For many years I ran a technical translating business in 4 languages & 3 countries. Once again, I learnt on the job. I taught migrants and boat people. I became a Master Graphologist & ran a handwriting analysis business for a few years. I see handwriting as written body language, & found it a useful tool in assessing & teaching students.

All of this to explain my experience of overcoming challenges in language learning & teaching, and my compassion for students' struggles.

I resigned more than once from university language teaching posts because I knew that students could not reproduce sounds that they could not hear, & I felt that it was cruel to keep demanding the impossible of them.

Then I discovered Dr. Alfred Tomatis, & learned that his work began where I had left off. He invented the science of audio-psycho-phonology, which is based on the premise that the voice can only emit what the ear can hear. I was immediately captivated & set about devouring all his books. The more I read, the more I nodded my head in agreement with him. What he said was so obvious & so brilliant. After learning about ST, it became my main interest & I became passionate about applying it to language learning. The results of our experiment, which took place under the most trying of conditions, were more than confirmation of the remarkable effectiveness of ST.

The students

To understand the remarkable benefits that these students gained from Sound Therapy, it's important to know a little about them & their situation. The Chinese women were all only children, who had been spoiled and protected. They functioned very much as individuals and were achievement-oriented, whereas the deeply spiritual Indian women called each other 'sister', and functioned very much as a group. This meant that the Chinese were often isolated or lonely, but the Indians were strongly supported by their community ethos. Although experienced nurses, many of them with years of work experience in Arab or other Asian countries, they had been severely curtailed in their life experiences, with little awareness of much beyond home, family & work.

All the students were highly stressed, fearing to fail their English exams. Mid-course, the Australian Nursing Board made a ruling that all nursing students had to pass the OET, a much more demanding English exam than the one set previously. When this ruling was announced, there was panic among the students. Many needed counseling for weeks, & several left the course. My class was one of 6, & retained the highest number of students. I believe that ST was more than a contributing factor to this.

I, the teacher, was diagnosed with cancer during the program, which stressed the Indian nurses in particular, because they felt obliged to persuade me to have the surgery that I chose not to have. There were often tearful scenes in class because of this, & some students would walk out of class because they were so upset. This ST program was not done under ideal conditions!

Methodology

Subjects

1 of 6 classes of 16 mature aged Asian nurses

Duration

9 weeks, 15 June- 25 August 2007

Purpose of the study

The qualified and experienced nurses came to Australia to gain Australian Registered Nurse qualifications. Their aim was to work in Australia and bring their families here for a better life.

Their greatest challenge was that they spoke a poor and fossilized English which improved very slowly. This causes problems when they start work in Australian hospitals, where communication difficulties arise between the nurses & doctors, patients & families & auxiliary health service workers.

When the women arrived here, they were profoundly traumatized. Some had never left their hometown before. Most had never lived alone before, and had been greatly dependant on family and community. Most had left behind husbands and children. They suffered extreme homesickness. Many had borrowed huge sums of money. All were shocked to find out that their English was worse than they thought. They were obsessed by the fear of failing their exams and having to return to their countries, greatly in debt, and struggling even more than before to support their children.

In this highly stressed state, the students found difficulties in adapting to foreign living conditions and teaching methods. Many of these women had been greatly repressed; they had had very narrow lives and had been taught to be submissive. Highly motivated, they worked hard for long hours, but initially made little progress.

Whilst staff and students were battling for progress and trying to deal with the high level of stress, the Australian Nursing Board decreed that all foreign nurses must pass a higher level English exam. This caused such distress that several students abandoned the course.

Since stress was obviously the major factor here, I felt that giving students extra work was not the answer. Given the limited time available, I focussed on just lowering their stress level, & gave all the nurses a Sound Therapy kit. All I asked them to do was to listen 3 or more hours per day, and briefly record changes in the following functions:

Stress Level

Sleep

Health

Concentration

Pronunciation

Listening skills

Memory

Reading comprehension

Self-confidence

Happiness Anything

else.

They were also given the opportunity to rate improvements in each of these functions on a scale of 1 to 10.

Control Group

There was a control group, assessed regularly like all students for listening, comprehension, pronunciation, expression and other linguistic skills. Unfortunately, when the exam standards were raised, all staff spent a great deal of time counseling students. For several weeks, both staff and students had to attend extended meetings about the new exams, and all were highly stressed by the situation. In consequence, the planned assessments became a casualty.

Results

Quantitative measures

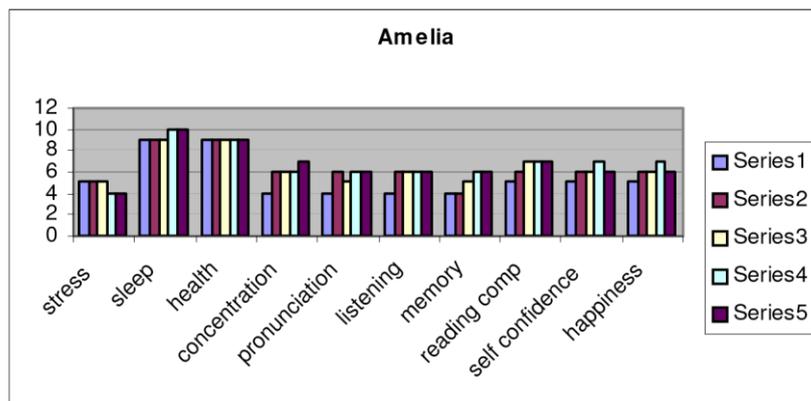
Only five of the students completed a rating scale on the functions in sufficient detail for meaningful analysis. Their numeric results are covered in this section.

Amelia showed consistent improvement in all functions throughout the five weeks, except for a slight drop in self-confidence and happiness in the final week. No explanation was given for this. Generally her comments indicate improved sleep, reduced stress and better concentration.

Comments by her teacher, Hera Sandison

Amelia

Initially she believed her English better than it was, & became resentful & disbelieving when she failed early tests. With ST she became more realistic about her English skills & more open to learning & correcting her misunderstandings. She went from frenetic when stressed to reaching a firm decision to cope with stress.



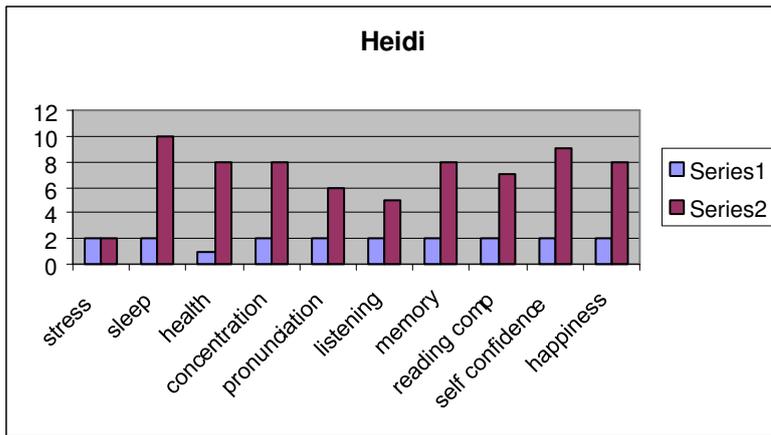
Heidi only completed two forms but shows a marked improvement on all functions in her second form. Her comments at this time were: “Lower stress, my stress levels declined. I can concentration on my study. Memory better than before. More confidence to overcome my study problems.”

Comments by her teacher, Hera Sandison

Heidi

Heidi was initially so lacking in confidence that she would turn away & face the floor rather than look at the person she was speaking to. When her tension became unbearable, she would leave the room, often for long periods.

Although her entrance level English was inadequate, & her improvement too slight to enable her to pass the imposed higher exam, ST lead to a marked decrease in her stress levels & a noticeable raise in the standard of her social skills.



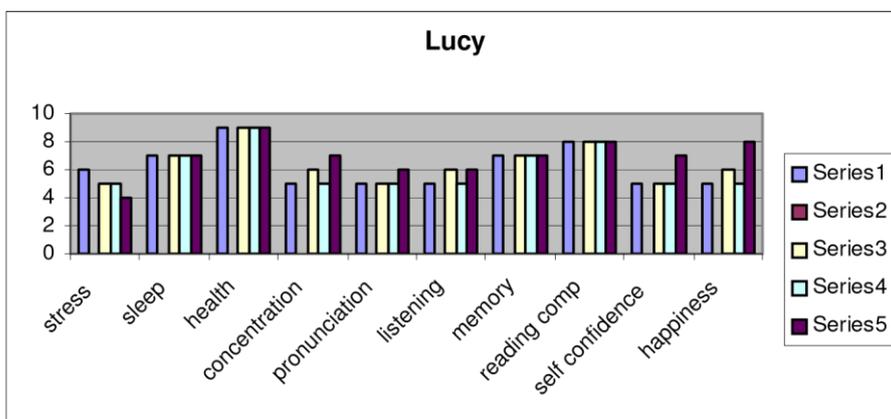
Lucy's scores indicate stability or steady improvement on each function over five weeks. Her comments indicate a significant shift on week three when she noted several improvements, and her notes read as follows: “ My stress has reduced this week. I can sleep well now. It is a good thing. My concentrated time on reading and listening is longer than before. My listening is better than two weeks ago. I feel happier than before because I am making progress.” herself scoring showed a larger shift on week four.

Comments by her teacher, Hera Sandison

Lucy

Immature & shy, Lucy, like many of the other Chinese students, had had everything done for her and her children by her own mother. She was quite passive & little used to tackling problems & making decisions. A great worrier, she slept badly, was often exhausted, & struggled with classwork.

With ST her sleep became sounder, which resulted in a happier young woman & better student.



Ocarina indicated steady improvements for the first five weeks with a drop in several functions on week six. Throughout the program, she wrote several comments about

sleeping better and feeling less tired, which is typically considered a fairly clear indication of the positive effect of Sound Therapy on her brain function.

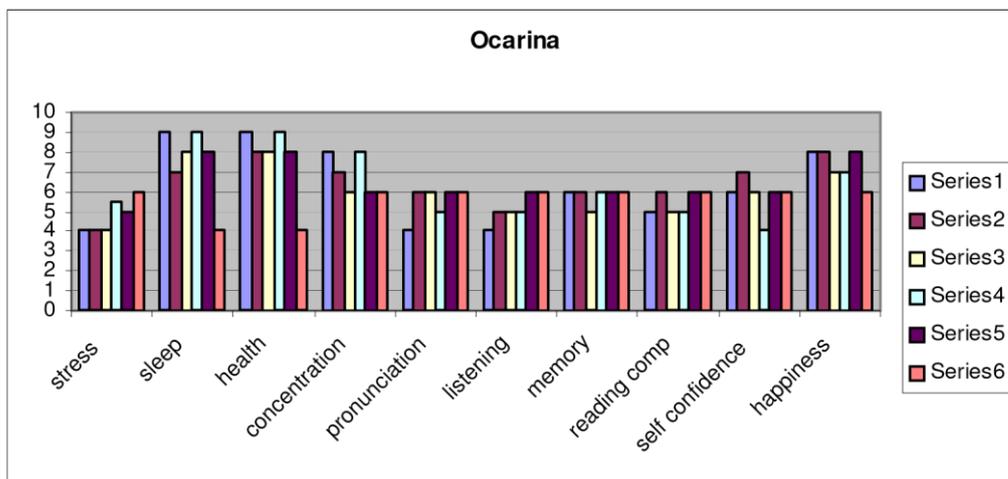
She also said on her first five forms that she was able to hear more clearly than before. Her comments on week six indicate self-analysis and a shift of focus to her desire for further improvement. This tendency to perfectionism may explain her lower rating of her functions when it came to the final analysis. Her comments included, “I need to practice how to ask question,” and “what I should focus on is how to express it correctly in English.” She also mentioned feeling very tired that week, and that her landlord had said it may be due to the weather. It is possible she was experiencing part of the healing crisis brought on by Sound Therapy which is typically experienced as extreme lethargy and tiredness. Whatever the reason, the drop in certain functions on week six does not negate her overall improvement in most areas.

Comments by her teacher, Hera Sandison

Ocarina

A high achiever, frequently tired and not overly healthy, Ocarina worried excessively at the beginning of the course.

She responded quickly to ST & was delighted to discover that everyone seemed to start speaking more clearly. She also found it easier to understand lectures. She developed a very positive attitude and her learning & happiness increased apace. Her mantra of “I stressing about the exams” (sic) changed, astonishingly, to “I don’t care whether we should take OET exam. Just take it as a chance to learn.”



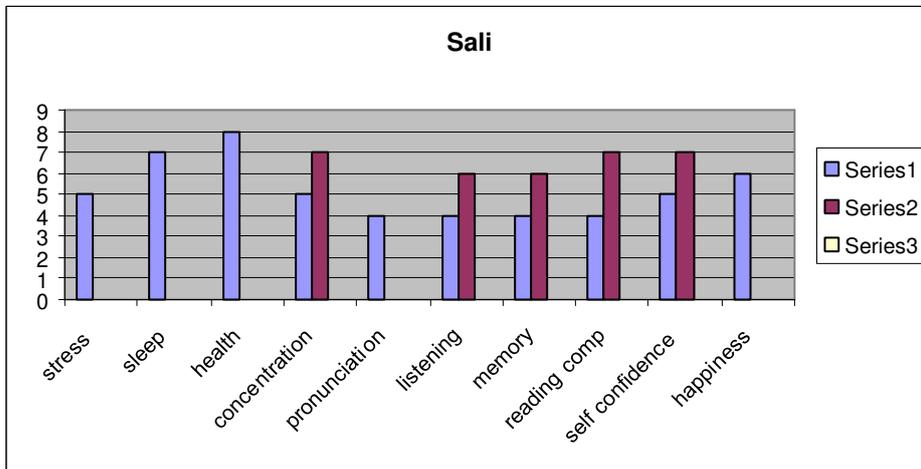
Sali only provided numeric ratings on some of the functions and each of them is represented only two intervals. However it is still possible to see a clear improvement reported in concentration, listening, memory, reading comprehension and self-confidence. Her notes reflect these improvements claiming better understanding, memory, improved concentration reading comprehension and self-confidence.

Comments by her teacher, Hera Sandison

Sali

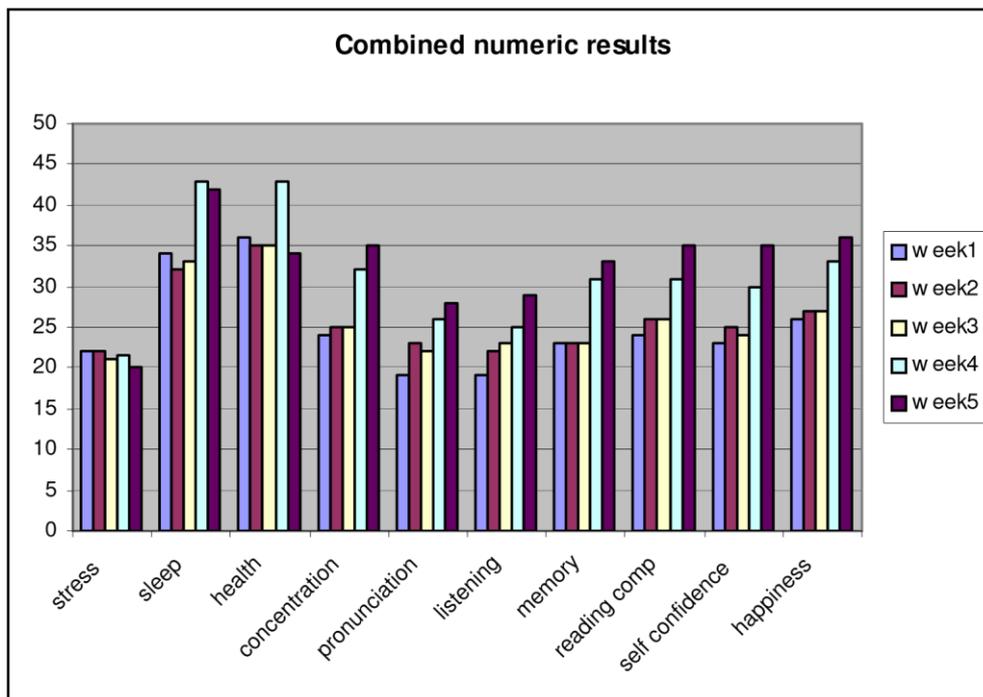
Sali was generally dreamy & unfocused. She revealed that she slept little because of worry.

ST helped her sleep more, improve her reading comprehension & self-confidence.

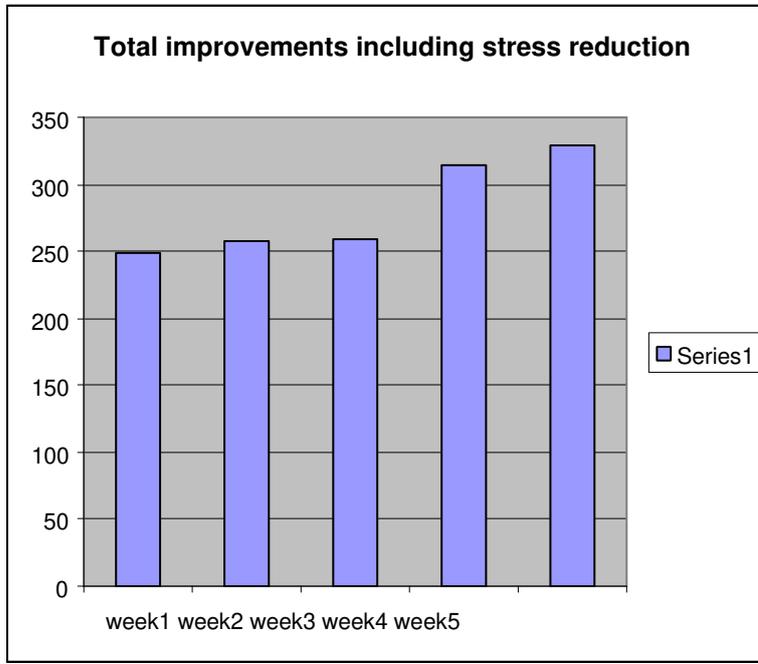


Total improvements combined

As not every student provided ratings every week, in order to provide conglomerate data, if ratings were missing for a particular week, the previous rating was carried forward to avoid data distortions. Plus a total was arrived at showing progressive improvement for the entire group. This graph was tabulated over a five-week period as most of the available records covered this period.



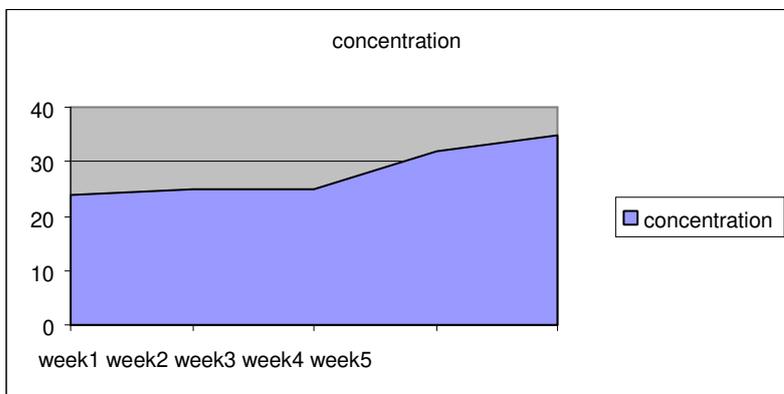
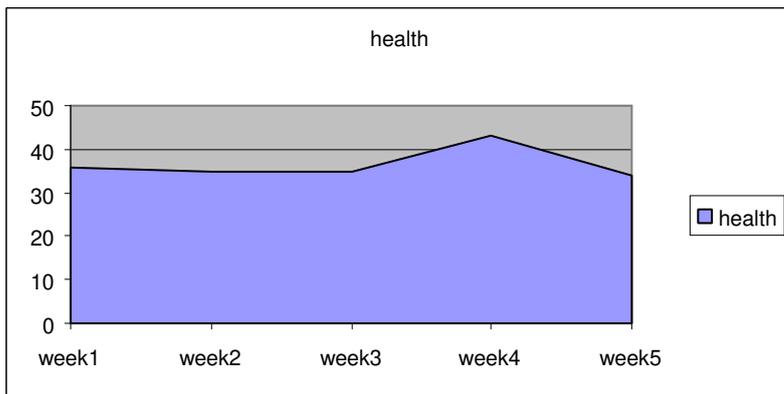
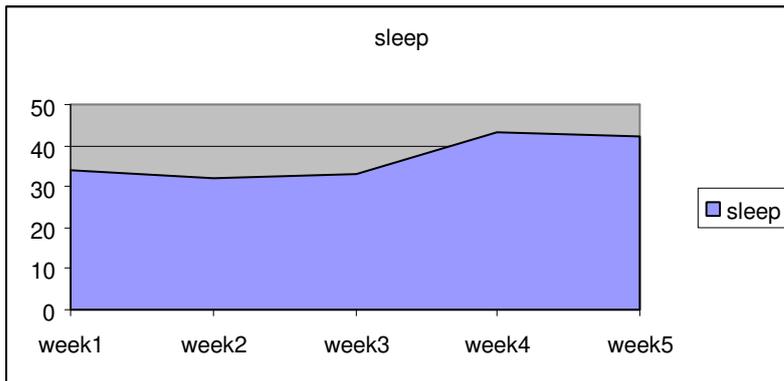
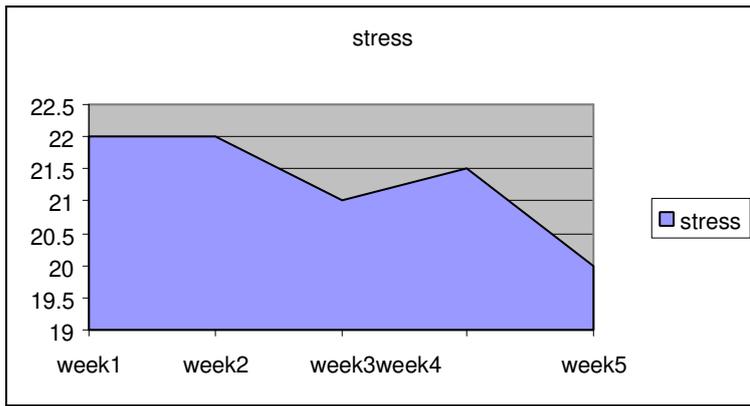
All functions were then combined together to show the general improvement of all functions for the group as a whole. To create a meaningful figure in this graph, the ratings on stress were reversed over the time period, because an improvement in stress would be indicated by a lower number, whereas each of the other functions would show improvement by a higher score.

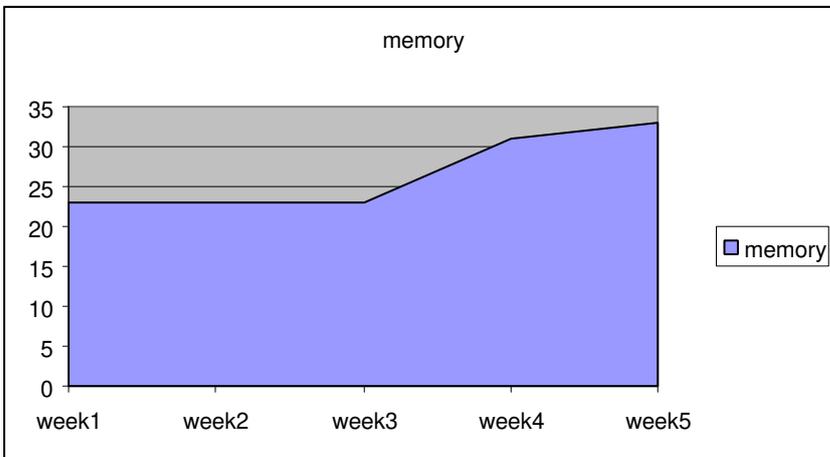
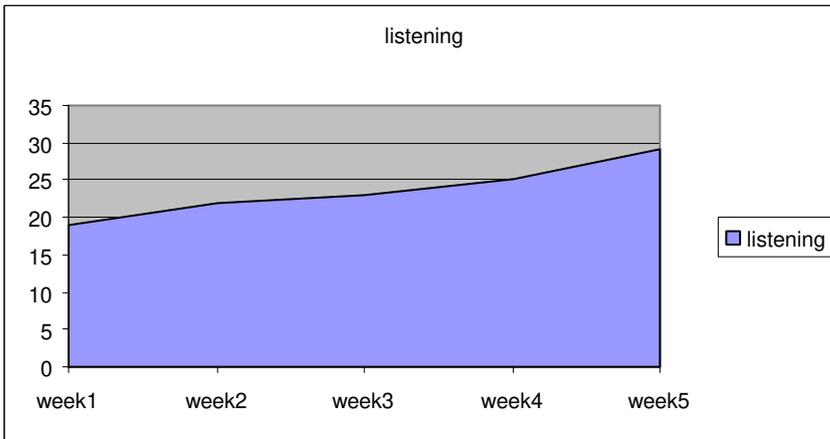
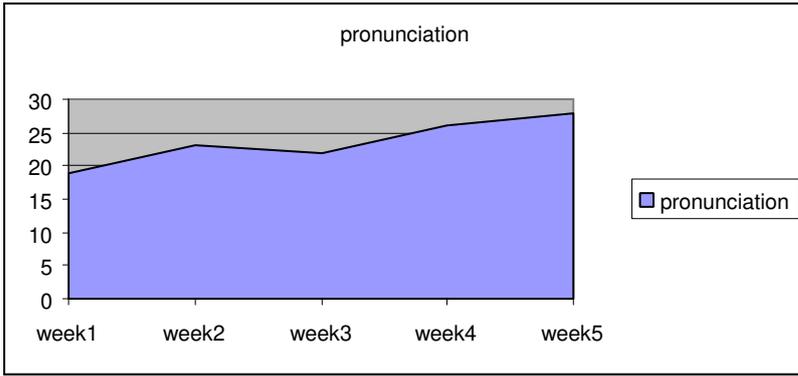


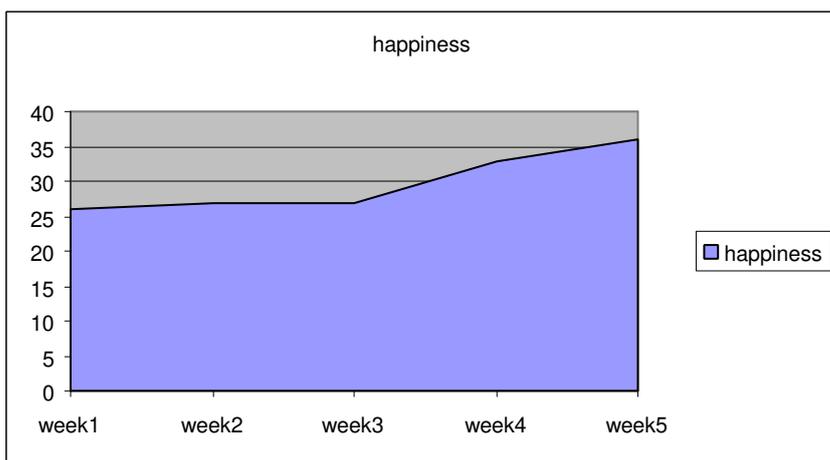
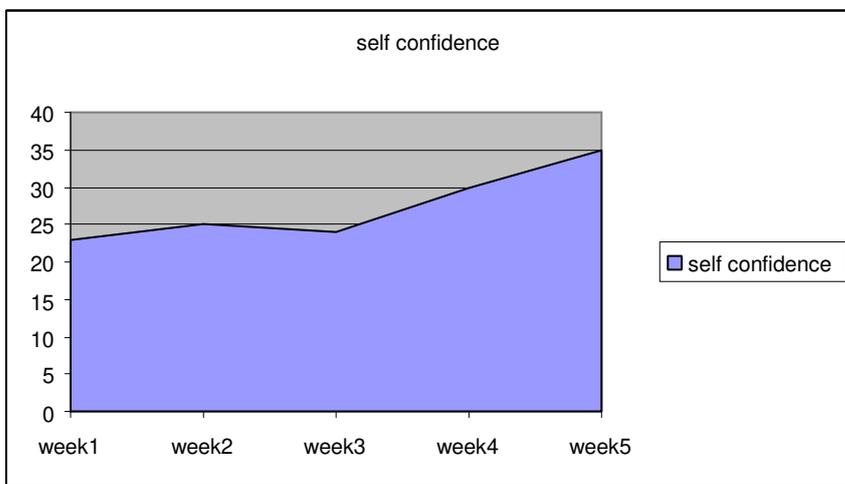
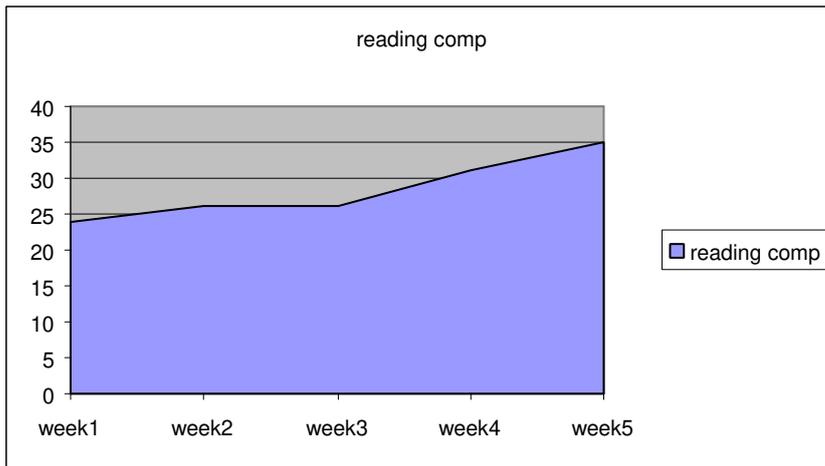
Analysis of results for reach function

Reported results for each function were analyzed separately over a five-week period based on the total scores of the above five students, in order to discover which functions improved most out of those measured.

All functions showed cumulative improvement over the period except for health which dropped in week five. Some of the students comments on health referred to things such as ear infections and tonsillitis, so this function may be considered a measure of mitigating factors to the study rather than results of the Sound Therapy treatment. However some students did report increased energy under the health function and it is likely that this was as a result of Sound Therapy.





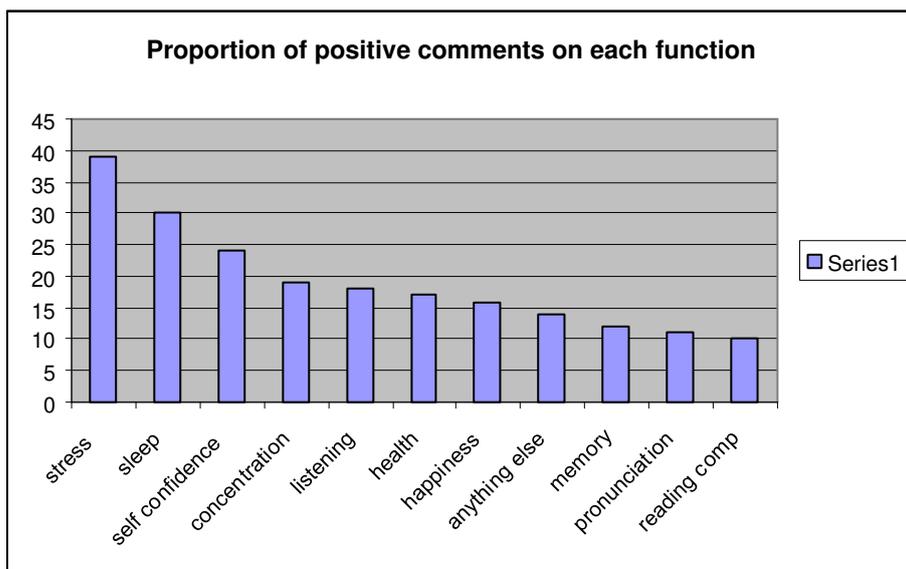


Qualitative analysis

The remaining 10 students, in addition to the five who used numeric responses, gave written, qualitative comments describing the improvements they observed in themselves on the functions being measured. These comments give significant insight into the changes and benefits Sound Therapy brought to these students. All of the comments are listed in Appendix 1, tabulated by function and by week. Another tabulation was completed, based on the number of positive comments written about each function. From this data we answered the question, “on which functions were improvements most often noted?”

Table 1 and the graph below it show the number of positive comments made about each function in order of frequency.

Total positive comments in order of frequency	
stress	39
sleep	30
Self-confidence	24
concentration	19
listening	18
health	17
happiness	16
anything else	14
memory	12
pronunciation	11
reading comp	10



From this visual tool it is clear that stress reduction was the greatest benefit received from Sound Therapy for the majority of these foreign students. This was followed by improved sleep and increased self-confidence. Better concentration and listening

ability were next, followed by health, happiness and miscellaneous comments. The least often noted improvements were memory, pronunciation and reading comprehension.

It is a well-known educational tenet that too much stress interferes with the ability to learn by interrupting the normal firing of synapses. Therefore the stress reduction and improved sleep provided by Sound Therapy is a powerful foundation for improved learning.

Describing their sleep in week two, students said things like:

Deep sleep every day. My sleep quality is better than before.

Sound sleep. I sleeping pattern was improved.

I feel less tired than before, sometimes I can get up without using the alarm clock in the morning.

I have sound sleep. I am feeling fresh after eight hours sleep.

Six hours. Improved.

My sleep pattern is becoming more regular than past.

I have noticed a big change in my sleep. Deeper sleep and more fresh in the night.

Quality and quantity increased.

And in week three:

My sleeping is better than before

I can sleep well now. for me it is a good thing.

I have more satisfactory sleep now. Yesterday I have sound sleep with Sound Therapy.

Getting good sleep than before.

My sleep pattern became more regular.

My sleep has improved a lot after this Sound Therapy.

However the comments of participants also indicated more specific improvements to auditory functioning and language abilities. For example, some of the comments students made about their listening included:

In week one:

I like to listen to CD 1. Improving listening.

When I'm watching TV, talking with other people, I can get more information than before.

I got all my answer correct. My listening has improved.

Improved my listening ability from 5 to 8%

And in week three:

It is increasing

My listening is better than two weeks ago I can hear more clearly than last week.

Better than before.

Increased the quality of listening.

And then in week four:

Improved

I can hear more clearly than before, especial Indian students pronounce. I feel much better now.

My listening ability has improved. I have noticed a change in my listening.

Several students also commented on increased happiness resulting from Sound Therapy, which may have come as somewhat of a surprise to them.

In week one comments included:

Very happy. Concentrate on my study.

I don't know why, I am happy throughout this week.

I am more comfortable than before. I started to enjoy my life.

Now I have started listening this music instead of other music I have noticed a change in my happiness.

I have noticed a big change in my happiness. I can say level 6.

In weeks two, students said:

I am happy when I listen to the music

My emotion is getting better than before

I am enjoying a lot

The Sound Therapy makes me happier than before. Because I enjoyed the music in Sound Therapy.

And in weeks four and five, comments included:

Happiness stabilized

I am very happy these days.

Most of these students lacked the ability to describe in detail how they observed these changes being linked to their Sound Therapy listening. However some comments clearly indicate that Sound Therapy was having a profound effect on an individual's well-being. Here is one such example:

“Before this Sound Therapy my brain was always overloaded with something but now I feel very light. Even though I don't take rest in the day time still I feel fresh all day. I am also become addicted to this music. I feel very comfortable while listening to this music.”

In addition to the students' self-observations, their class teacher was able to see clearly the impact that Sound Therapy had on their learning and study abilities.

Hera Sandison's observations on the remaining students.

Eun Joung

Knowing herself to be one of the very poorest students, she was initially very reluctant to speak and contribute to class discussion. With ST she learned to relax, and gradually gained confidence to speak.

Gini

Painfully shy & uncertain of herself, Gini spoke with an almost unintelligible accent & was very hard to understand. She smiled nervously in lieu of communicating, & it was hard to know how much spoken English she understood. With ST she improved so much that she volunteered this information : Many of the Indian students had been told at first menstruation that their life now consisted solely of school, home and waiting to be given a husband. No wonder these young women were stressed in their new Australian life, where they were expected to speak up – in a foreign language – and be pro-active !

With ST, Gini's painful smile became a genuine expression of content.

Jinping

A confident speaker from the beginning, Jinping was hampered by poor pronunciation, which improved markedly with ST. She slept badly, suffered ill health & often looked worried & was distracted.

With ST, Jinping's sleep patterns improved. She began to come to class smiling & became more focused.

Ini

A high achiever, Ini initially suffered from suicidal tendencies due to a broken relationship. A typical perfectionist, she focused greatly on detail & worried.

With ST, she calmed considerably & began to smile more. She developed a high level of confidence with regards to the new exam. She even hugged me voluntarily, which is not common with many Chinese, who treat their teachers with great respect, & generally do not hug even their parents.

Jessy

Initially Jessy was so fearful of speaking that she was always on the brink of tears. Like all the other students, she stressed constantly about the exams. She also missed several classes due to sickness.

She made the greatest improvement in the whole class with ST. As the weeks progressed, her eyes shone with joy & she radiated happiness & confidence in her ability to pass the dreaded final exam.

Lissy

Initially lacking in confidence, Lissy was a great worrier, fearful of asking questions & understanding little spoken English.

She responded quickly to ST, & began to contribute much more to oral activities. She began to understand so much more that she corrected my errors!

Ranju

Ranju managed to be positively gleeful in class, despite poor sleep & disturbing dreams.

With ST, her tiredness diminished, her dreams became gentler & she became addicted to Western classical music.

Shirly

Highly intelligent, Shirly could produce excellent written work, but often failed to understand the simplest spoken English. Her initial results were highly inconsistent, & although very focused on the course, she would often not hand in set work because she hadn't understood the directions, & lacked the confidence to ask.

I arranged for the class to see the film "Patch Adams", because it's funny and the students needed some laughter, & because the film is about a student who overcomes great odds to finally get his medical degree. Shirly, a 40 year old mother of 2, anxiously told me that she could not watch the film – because she had never seen a film in her life ! It took a lot of persuasion on my part to convince her to stay & watch it. I left before the end of the film, & Shirly found the courage to ring me up at home to tell me what an important event seeing the film had been for her.

ST certainly improved Shirly's confidence in many ways, & her studies reflected increased comprehension & greatly improved expression.

Sita

Sita was unhappy to be the only Nepalese student. At first she was shy & lonely. Proud of her nationality, she was deeply hurt because I didn't distinguish her from the Indian students. Two weeks into ST, she found the confidence to tell me this, which took a lot of courage for her. She positively blossomed after I made a special little ceremony for her, focusing on her nationality. She often made a point of saying that ST made her happier. Her aversion to reading turned to passion for it, which was the source of great joy for her. What I had really hoped was that ST would help Sita distinguish the difference between "s" & "sh". She could not hear the difference or say the sounds correctly, which caused some confusion in her communication. Sadly, the few weeks of ST showed no improvement in this area. Perhaps a longer period would have done.

Suma

At first Suma would maintain long silences & seem to understand little of what went on in class: I wondered if she was retarded.

After a short period of ST, she began to participate more in conversations, & I discovered that she was extremely intelligent. Her stress levels and sleep improved, as did her concentration, pronunciation & reading comprehension.

Torill

Torill, a Swiss student & nervous, heavy smoker, did not wish to do the ST program. She said that she didn't believe it would work without her believing in it. I persuaded her to try it, but she said that it was difficult to find the time to do it, and that it distracted her from her studies. She withdrew from the program after 4 weeks.

Torill did not provide any relevant comments and so has not been included in the results of the study.

Discussion

Despite stresses and difficulties caused by the unexpected change to examination requirements the results were still beyond the expectations of the supervising teacher. Most students reported sleeping better. Many improved in reading & listening comprehension & were able to extend their concentration span. Some heard more clearly & understood more spoken English. Some developed a love for the music, radically different to their own, and linked this with increased happiness.

Their comments included

“My mind is very comfortable when I listen to the music”, “My brain has become very active” “People understand me better.” & “enjoying my happiness more”. See Appendix 1.

The most striking improvement was the nurses' remarkable self-confidence in the face of the increased demands on them. The high level of stress changed to a deep calm. The fear of failure changed to a determination to pass exams. Tearfulness was replaced by calm and a marked happiness.

Given the chaos of the situation and the prolonged trauma suffered by students and teacher alike, we would conclude that Sound Therapy was remarkably effective in helping these women deal with enormous challenges and pass unexpectedly high-level exams.

These results point to significant potential for the application of Sound Therapy to foreign-language programs and further trials in this field are recommended.

Appendix 1

Condition	Comments Week one
stress	<p>When I listen to the music I felt calm.</p> <p>This week I use Sound Therapy to help me reduce my stress level greatly.</p> <p>Stress level is decreasing</p> <p>Less stressful than last week.</p> <p>I feel relaxed. Stress level has declined by 4 from 7.</p> <p>Better than before. Stress level changed from 6 to 4% My stress level is reduced a bit.</p> <p>My stress level has decreased a lot when compared to the previous months.</p> <p>Stress level now less than before.</p> <p>Stress level is same as before. I have noticed no change in my stress level.</p> <p>Stress level is more than before.</p>
sleep	<p>I always have dreams. My sleeping qualities are better than before.</p> <p>Sleep more, compared with before, less dream.</p> <p>Getting more sleep than before. It is good for me.</p> <p>I slept well without unnecessary dream. The sleep quality has improved.</p> <p>My sleep quality was improved a lot.</p> <p>I can sleep soundly.</p> <p>Sound sleep, not disturbed sleep during night, e.g. dreams. I have noticed a better change.</p> <p>Quality and quantity increased than before.</p>
health	<p>Not any health problem. Health situation is good</p> <p>I feel I gained a little energy</p> <p>I have more time to do physical exercises. I feel much better</p>
concentration	<p>I study more actively.</p> <p>I can concentrate on my nursing and English study</p> <p>Noticed a big change in my concentration level, increased by 2%</p> <p>Improved concentration level from 5 to 8% Same as before</p>
pronunciation	<p>Pronunciation has improved.</p> <p>Became better than before.</p>
listening	<p>I like to listen to CD 1. Improving listening.</p> <p>Listening also has improved</p> <p>When I'm watching TV, talking with other people, I can get more information than before.</p> <p>I got all my answer correct. My listening has improved.</p> <p>Improving my listening ability. Improved my listening ability from 5 to 8%</p>
memory	<p>Memory getting better.</p> <p>My memory power has improved.</p>

reading comp	Getting better. A kind of interest has been created towards reading. Better now.
self confidence	No problem with self-confidence Self-confidence has improved Better than before. My self-confident has improved a bit.
happiness	Very happy. Concentrate on my study. I don't know why, I am happy throughout this week. I am more comfortable than before. I started to enjoy my life. Now I have started listening this music instead of other music I have noticed a change in my happiness.
anything else	When I listened the Sound Therapy CD, my mind was very comfortable. I experienced changes. I don't know what exactly. Now I would like to talk to everybody. My left ear was pain, I suspected that caused by infection. I am going to see a doctor. I have noticed a big change in my happiness. I can say level 6.

Condition	Comments Week two
stress	I made a decision to cope with stress. Better than before. my stress level is lower than before. Stress level was reduced I really find my stress level is decreased My stress level reduced. I am relaxed now. My stress levels declined. My stress level was reduced in last two weeks. My stress level has decreased a lot when compared to the previous weeks. Became decreased and I can concentrate more on studies.
sleep	Deep sleep every day. My sleep quality is better than before. Sound sleep. I sleeping pattern was improved. I feel less tired than before, sometimes I can get up without using the alarm clock in the morning. I have sound sleep. I am feeling fresh after eight hours sleep. Six hours. Improved. My sleep pattern is becoming more regular than past. I have noticed a big change in my sleep. Deeper sleep and more fresh in the night. Quality and quantity increased.
health	Good, improved. I have noticed a great change in my health. I know I have too much energy. Nowadays I can walk up to 7 km without any tiredness.

concentration	<p>Good, a great improvement</p> <p>I studied more effectively than previous days. My concentration on study is getting better.</p> <p>I couldn't concentrate well before. Now I improved my concentration.</p> <p>Improved. I can concentrate better than before.</p> <p>I can concentrate more on my studies.</p> <p>Increased now.</p>
pronunciation	<p>Improved a lot</p> <p>Improved.</p> <p>I gained more fluency in my speaking skill.</p>
listening	<p>Improved than before</p> <p>I can understand the listening better than before.</p> <p>Improved by listening ability.</p> <p>Increase the power of listening.</p>
memory	<p>1% increased</p> <p>Improved than before</p> <p>Memory is better than before.</p> <p>Better than before.</p>
reading comp	<p>It was improved</p> <p>I read an article about pharmacology. I understood more easily than last week reading even though it was not a familiar topic.</p> <p>My reading interest has increased.</p> <p>Better than before.</p> <p>I can concentrate more on my readings.</p> <p>Better now.</p>
self confidence	<p>My self-confidence is increasing</p> <p>My confidence was improved</p> <p>Having a positive attitude is very important. I understand this more than before. Move with the changes and enjoy it.</p> <p>My confidence increased.</p> <p>Improved.</p> <p>My self-confidence has improved a lot.</p> <p>Increased.</p>
happiness	<p>I am happy when I listen to the music</p> <p>My emotion is getting better than before</p> <p>I am enjoying a lot</p> <p>The Sound Therapy makes me happier than before. Because I enjoyed the music in Sound Therapy.</p>

anything else	<p>I read my favourite book “ who moved my cheese” again and enjoy it. I think different methods and people help us to deal with stress in different aspect. I enjoy all of them.</p> <p>My eyes tiredness has gone.</p> <p>I was comfortable, but due to the recent information about OET I am in more stress. I am confident remembering your word, I foot start with 1000 miles.</p> <p>I started to enjoy bus traveling while listening to the Sound Therapy from last week.</p> <p>I am not worried much about my results.</p> <p>Two days I didn't use Sound Therapy while sleeping and I experienced disturbed sleep in those two days, and right after I use this Sound Therapy I had better sleep.</p>
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Condition	Comments Week three
stress	<p>My stress has decreased</p> <p>It is reduced</p> <p>Lower stress. My stress levels declined.</p> <p>Stress level is lower than last week, obviously.</p>

	<p>My stress has reduced this week</p> <p>I feel less stress than last week. I don't care whether or not we should take over OET test. Just take it as a good chance to learn.</p> <p>I still have mild stress but declined comparing to before.</p> <p>Decreased.</p>
sleep	<p>My sleeping is better than before</p> <p>I can sleep well now. for me it is a good thing.</p> <p>I have more satisfactory sleep now. Yesterday I have sound sleep with Sound Therapy.</p> <p>Getting good sleep than before.</p> <p>My sleep pattern became more regular.</p> <p>My sleep has improved a lot after this Sound Therapy.</p>
health	<p>Health is improving</p> <p>Improved comparing to the past.</p> <p>Good.</p> <p>I have noticed a great change in my health. I don't get tired at all.</p>
concentration	<p>My concentration on reading is longer than before</p> <p>I have good concentration</p> <p>My concentrated to time on reading and listening is longer than before.</p> <p>Getting better concentration ability.</p> <p>Better than before.</p> <p>Increased the concentration level.</p>

pronunciation	<p>It is improving I am getting good improvement in my pronunciation. Better than before. Improved a lot.</p>
listening	<p>It is increasing my listening is better than two weeks ago I can hear more clearly than last week. Better than before. Increased the quality of listening.</p>
memory	<p>It is improving I can concentration on my study memory better than before. Memory improved. Better than before. Improved a bit.</p>
reading comp	<p>My reading skills have improved a bit.</p>
self confidence	<p>Improved. More confidence to overcome my study problems. I feel more confidence than last week. Self-confidence increased after Sound Therapy. More confident than before. I have noticed a change in my self-confidence.</p>
happiness	<p>Happiness level improved I feel happier than before because I am making progress. I am happy than before month. My happiness is stabilized.</p>
anything else	<p>After this Sound Therapy I feel that my brain has become very active. I am always mentally active nowadays.</p>

Condition	Comments Week four
stress	<p>Stress reduced Reduced Even though there was such a stressful event I haven't felt not that much stress. Stress level was similar to the last week. I try to control myself not to be influenced by others decision. Just focus on which one is suitable for me. When I listen to Sound Therapy my stress level decreased last week. Although I have attention of OET but now I am not feeling that much stressed. Before this Sound Therapy I was really very stressed.</p>

sleep	<p>I am happy I sleep well every day</p> <p>I can sleep well at this special difficult situation. I think it is a good thing for me</p> <p>Although sometimes I think about how I can get through these tests, I can easily fall into sleep. When I get up, usually I don't feel tired.</p> <p>My sleep has improved a lot. I have noticed a great change in my sleep.</p>
health	<p>Improved</p> <p>Fluctuating according to the situation I am healthier than before.</p> <p>I have got tonsillitis this week.</p>
concentration	<p>Improved</p> <p>My concentration improved.</p> <p>Getting better. I can experience that.</p> <p>Better than before.</p>
pronunciation	<p>Improved</p> <p>Better.</p>
listening	<p>Improved</p> <p>I can hear more clearly than before especial Indian students pronounce. I feel much better now.</p> <p>My listening ability has improved I have noticed a change in my listening.</p>
memory	<p>Improved</p>
reading comp	<p>Better than before</p> <p>Improved reading comprehension ability.</p> <p>I am more interested in reading comparing to before.</p> <p>Better.</p>
self confidence	<p>I know I made much progress from this periods studying. I know I could try my best but within the limited two months can I make such great progress to prepare for these tests?</p> <p>Gained more self-confidence.</p> <p>I have noticed my self-confidence in my self.</p>
happiness	
anything else	<p>Because confronted a stressful event (OET test), I found by stress level increased than last week.</p> <p>Before this Sound Therapy my brain was always overloaded with something but now I feel very light. Even though I don't take rest in the day time still I feel fresh all day. I am also become addicted to this music. I feel very comfortable while listening to this music.</p>

Condition	Comments Week five
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stress	<p>Stress level is lower than before Lower than last week My stress level is lower compared with before. I learned a lot from this period's study. I feel much better than before. Reduced. It has decreased comparing to before. My stress level reduced a lot than last week. Nowadays my stress has reduced up to 4.</p>
sleep	<p>Sleep well. Satisfied. I have good quality of sleep these days. My sleep pattern is getting regular than last week.</p>
health	<p>Good I am healthier than before. I have recovered from the cold totally</p>
concentration	<p>I can concentrated a little longer time than a week ago. My concentration power has increased. I could not concentrate on my study because of the pressure of OET exams.</p>
pronunciation	<p>Getting better. My pronunciation has improved gradually.</p>
listening	<p>I can hear more clearly than last week</p>
memory	
reading comp	
self confidence	<p>Higher than last week. I think I can cope with this huge obstacle. I am becoming stronger these days. I have noticed a change in my confidence.</p>
happiness	<p>Higher than last week. Once I decided to continue this course, the long consideration was finished and then feeling is better than before. I learned a lot from CELLISA class and nursing class. Improvement noted. I am very happy these days.</p>
anything else	

Condition	Week six
stress	<p>I need to practice how to ask question. My stress level has decreased</p>
sleep	<p>This week I feel a lot tired. My landlord said the main reason is the weather. Maybe she's right. My sleep quality has improved.</p>
health	<p>No problem at all. It has improved</p>
concentration	
pronunciation	
listening	

memory	
reading comp	
self confidence	Sometime a little upset. My self-confidence has increased
happiness	I can understand more in nursing lecture and feel it is not too difficult. What I should focus on is how to express it correctly in English and how to ask questions. My happiness is increased
anything else	I have strong willpower these days

Condition	Week seven
stress	My stress level is decreasing.
sleep	I have less interrupted sleep these days.
health	
concentration	
pronunciation	
listening	I gained confidence that I can pass OET listening
memory	
reading comp	
self confidence	
happiness	
anything else	I don't have worries, anxiety and tension.