

...and to say thank you, we're helping our community get better sleep and have sweeter dreams



TO CELEBRATE THIS EXCITING MILESTONE, AUDIODESIRES, A PLATFORM FOR EROTIC AUDIO CONTENT AND WELLNESS GUIDES, IS EXPANDING ITS AUDIO LIBRARY! SWEET DREAMS BY AUDIODESIRES WILL OFFER RELAXING STORIES, SOUNDSCAPES AND MEDITATIONS FOR A BETTER NIGHT'S REST.

Over the past two years, the Covid-19 pandemic has had a drastic effect on the daily lives of people around the world. The stress of a global pandemic has caused loss of sleep, increased depression and anxiety, and lower sexual desire for many people.

Since April 2020, Audiodesires has offered a safe space for listeners to escape the hardships of reality for a few moments and turn their attention inward.

Audiodesires wants to offer its users a holistic experience that no longer focuses only on sexual health, but on physical and mental well-being as a whole. Sexuality and sleep are both precious and indispensable parts of mental health and stability.

According to the DAK Health Report, sleep disorders have increased 66% since 2010. Insufficient sleep and poor sleep quality have various causes, affect people of all ages and can lead to serious problems such as chronic stress, cardiovascular issues and metabolic diseases.

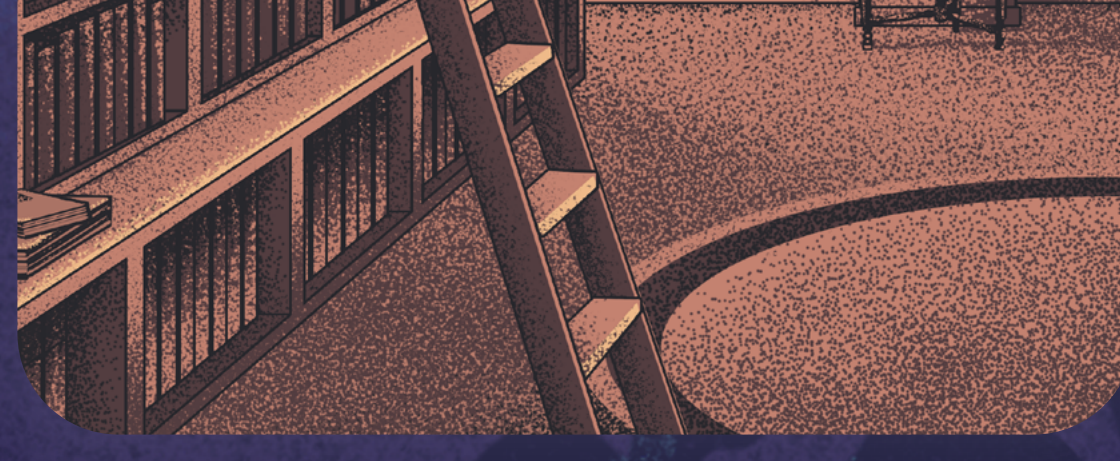
Apps for tracking sleep patterns and routines have been on the rise since 2009, with even more people turning to technologies that promise a good night's rest in the wake of the pandemic. A recent study, which surveyed around 1,000 people about their sleep habits, found that 46.7% of participants used some form of sleep technology, and they were almost 50% more likely to sleep better.

Turn on, then switch off

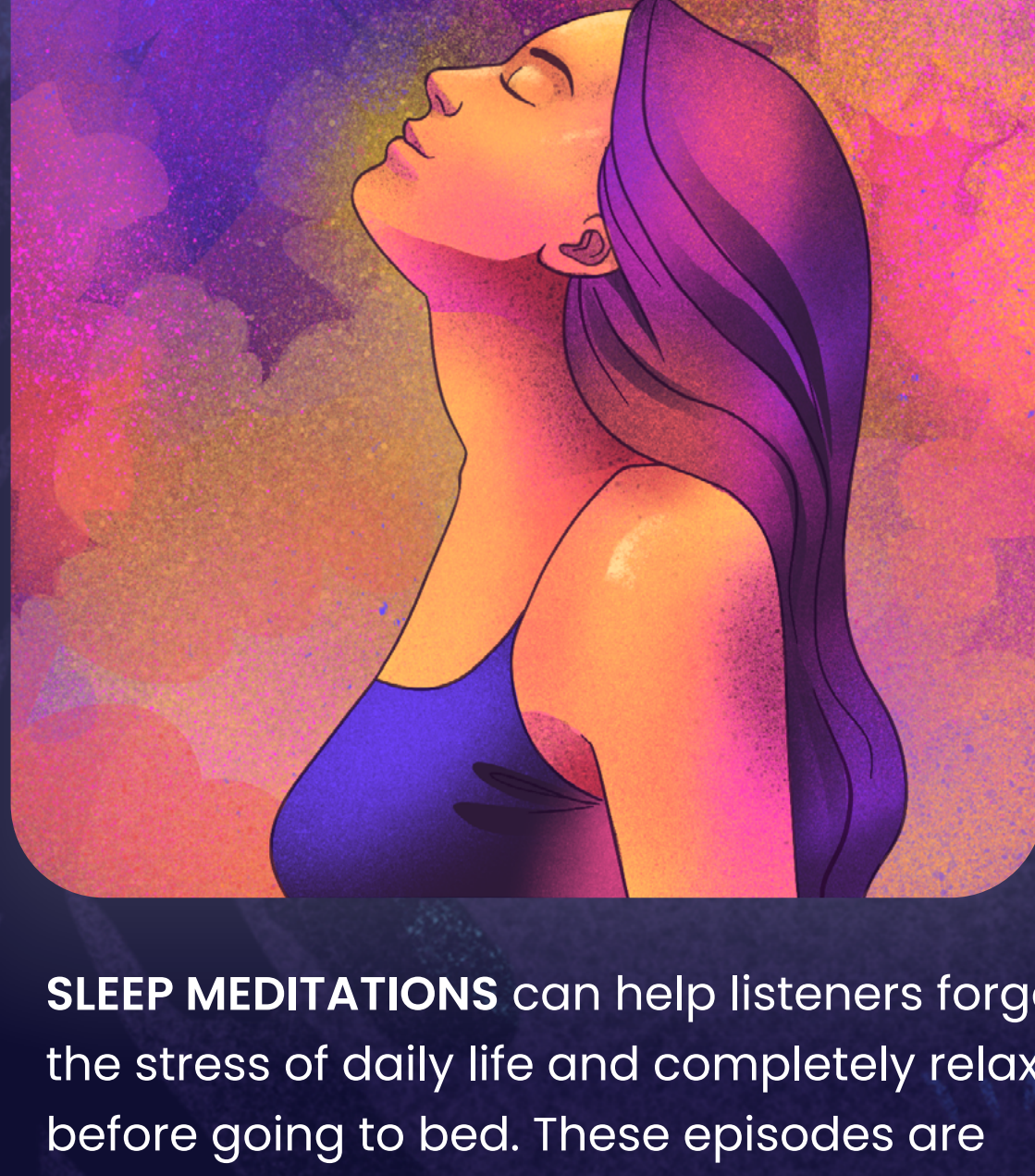
Over 80% of Audiodesires users say they listen to the erotic content offered by the platform at home during the evening hours. Listeners are now able to round out their evening self-care routine with a relaxing story, meditation or soundscape to fall asleep to. Sweet Dreams by Audiodesires will consist of four unique content categories: **FLEETING MOMENTS, UNWIND AUDIOS, SLEEP MEDITATIONS and SOUNDSCAPES.**



UNWIND audios invite listeners to fall asleep next to their favorite Audiodesires narrator. Whether it's Noah finishing a puzzle or Alice working at her desk while you nod off on the sofa, these episodes provide a sense of comfort with soothing sounds and relaxing voices to help listeners feel at ease.



FLEETING MOMENTS are sensual and soothing soundscapes with light and easy-to-follow narratives that ground listeners in various relaxing locations. These episodes are guided by the gentle inner monologue of a narrator describing a particular moment in their day. Like a soothing bedtime story, Fleeting Moments give listeners the time and space to let their minds wander in a relaxed state before drifting off to sleep.



SLEEP MEDITATIONS can help listeners forget the stress of daily life and completely relax before going to bed. These episodes are coupled with traditional science-backed meditation techniques such as body scans, mindfulness, and breath awareness.



SOUNDSCAPES are pleasant and familiar soundtracks with no narration. These episodes allow listeners to get lost in a particular setting: fall asleep next to a crackling fire on a camping trip or drift off during a nap on a train to nowhere. Soundscapes are available as either 30 or 60-minute tracks that gradually lull users into a deep, restful sleep.



In today's world it's hard to let go of your thoughts at the end of a day. It's easy to get caught up in the stress of the news and worries of the world's events. As always, Audiodesires is here to help you take time for yourself – both for pleasure and relaxation. In the **Sweet Dreams by Audiodesires catalog**, each track is designed to help you achieve better, more restful sleep. Audiodesires invites you to stop scrolling, put your phone on the bedside table, and just listen. Sleep better and wake up with new energy to take on the day.

Audiodesires Says "Thank You" For Two Wonderful Years

After two exciting years, Audiodesires would like to take this opportunity to thank the community and everyone involved. Over the months and years, we have learned a lot, become more inclusive, and expanded our horizons through immersive storytelling. Audiodesires stories and guides now exist in three languages and nearly 2.5M people in about 230 countries around the world so far have listened to the audio content – and we're nowhere close to being done. Today, we're excited to help our listeners develop self-care routines with Sweet Dreams by Audiodesires that not only serve the moment, but provide long-term well-being.

Visit audiodesires.com to listen to the Sweet Dreams by Audiodesires catalog. You can find additional material (such as logos, promotional images and previous press releases) [here](#).

