

The Sound Reset Guide



*Evidence-based sound practices to
help reduce stress, improve focus,
and build connection.*

DR GEMMA PERRY

What is a sound practice?

Sound meditation has been practiced for thousands of years in many civilizations all over the world. The practice involves focusing on the sound, which can be a word, sound or phrase, and it can be recited aloud, whispered or mentally repeated. It can be practiced alone or in a group setting, and with or without music, or other movements such as clapping.



Benefits of sound repetition

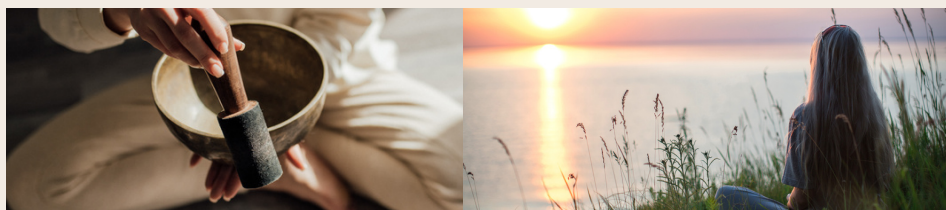
Repetitive sound has been shown to reduce stress, lower cortisol levels, and improve overall mental clarity.



Sound-based practices are a simple way to regulate the nervous system, improve attention and build greater self-awareness. This can create a cascade of other positive outcomes, including healthier choices, alignment between values and actions, better awareness of own boundaries, improved mental health, and a more balanced life.



Creating a ‘sound’ space... or not



One of the great strengths of sound practices are how portable they are! You don't need to be in a silent room to practice. Your living room, desk at work, or even a busy train can work. Also, nature! Sounding in nature can also be just the perfect thing.

When it comes to practicing, having a dedicated space can be helpful, but it's not essential. Many people get caught up in the idea that they need the perfect, serene environment to practice effectively, but that's not true. The beauty of sound practices is that they can be done anywhere, whether you're in a quiet room, sitting in your car or office before a meeting, or even during a lunchtime walk.

Creating a space for your practice can enhance your experience but it is not necessary. The space doesn't have to be elaborate. Your space can be as simple as a cushion, and perhaps a small object that brings you peace, like a plant, an image, a statue or a flower. Having a dedicated space signals to your mind that this is your time for practice and encourages a regular routine.

How to sit for practice

You can sit however feels comfortable for you. Here are some common positions to consider:

Cross-Legged Position

If you are comfortable sitting cross-legged you can sit on a cushion or blanket to elevate your hips, which helps with maintaining an upright posture.



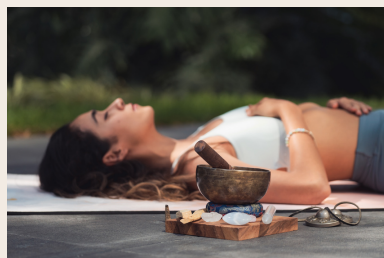
Chair

Using a chair is perfectly fine. Sit with your feet flat on the floor, hands resting on your lap, and your back straight but not rigid.



Lying Down

While this is not for everyone, as you might fall asleep, lying down can be an excellent way to practice for relaxation. Ensure your spine and neck are aligned and supported.



When and how long to practice

When to Practice

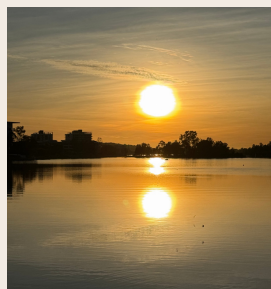
You can practice at any time and in any place but to really form a daily routine, it is best if you can set aside the same time and place each day. If you forget or if you have less time that day, stay flexible and do what you need to do.



How long to practice

All you need is a few minutes!

It's best to commit to something small and actually meet your goals rather than committing to long practices that you never actually do. Small daily chunks are best. You could start by committing to 3 breaths, 3 hums, or you could set a timer on your phone for any increment of time you would like to start with.



Humming or Ommm

Humming is one of the simplest and most accessible sound practices. The gentle vibration created while humming naturally slows the breath, extends the exhale, and encourages a shift toward a calmer, more regulated state.

Research suggests that humming and other vocal sound practices may help reduce stress, promote relaxation, improve focus, and support parasympathetic activity. Even one or two minutes of humming can provide a simple reset before a meeting, after a difficult conversation, or during a busy workday.

Om is one example of a traditional sound (called a mantra) that has been used in meditation for thousands of years. When vocalised as A-U-M, it combines an open vowel sound with a gentle humming vibration, creating a natural extension of the breath.

Whether you choose to hum or use a mantra such as Om, the principles are the same: slow the breath, anchor your attention, and use sound to cultivate calm, focus, and self-awareness.

Mmmmmmmmm...



Sticking with your practice

Here are some tips to get you started or reacquainted with a sound practice even when your schedule is hectic.



Start small

If you are short on time, start with just one minute of humming, three slow breaths, or three repetitions of a simple sound. Small, consistent practices are far more effective than occasional long sessions.

Tie it to a routine

Link your practice to something you already do each day, such as before your first meeting, after lunch, or before opening your inbox. Attaching it to an existing habit makes it easier to remember.

Be flexible

There is no perfect time or place to practise. Hum in the car before work, take a minute between meetings, or pause for a few breaths before bed. Every little sound counts.

Have fun

Experiment with different sounds and find what works for you. Whether it's humming during a walk, practising in nature, or listening to a guided meditation, enjoyment is one of the best predictors of long-term consistency.

Include your team

Sound practices can be even more powerful when shared. Practising together can support connection, wellbeing, and a more positive workplace culture. Even a synchronised sigh could help!

Bring Sound Into Your Workplace

I partner with organisations to translate the science of sound into practical, engaging wellbeing experiences.



Keynotes

Evidence-based presentations on the science of sound, stress, attention, and workplace wellbeing.

Masterclasses

Interactive sessions that give employees practical tools they can use immediately to regulate their nervous system, improve focus, and enhance connection.

Leadership & Team Wellbeing

Tailored programs that support psychologically healthy workplaces through evidence-based sound and breathing practices.

Get in touch: om@drgemmaperry.com

Thank you for exploring The Sound Reset Guide!
I hope these practices become simple tools you can
return to whenever you need greater calm, clarity, or
connection.

If you'd like to bring evidence-based sound practices to
your organisation, I would love to hear from you.

Dr Gemma Perry

Dr Gemma Perry is a psychology researcher who studies how sound practices impact the brain and body. She translates the science into practical wellness programs that help teams build connection, reduce stress, and sharpen cognitive performance, using evidence-based sound meditation and yoga practices.



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