



## Operating Instructions for Soundcradle



### Congratulations

and thank you very much for choosing the Klangwiege. In order to achieve the best possible feel-good effect, please read these operating instructions carefully. In this way you can use all the advantages and special features of this sound relaxation furniture in practice.

For correct handling, please read these operating instructions carefully, especially the safety instructions.

After reading this manual, keep it in a safe place for future reference.



development and production:

The Klangwiege was developed in 1994 by ALLTON based on the idea of Eyolfur Melsted, music therapist from Iceland. Production:

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#### Safety note for Storage:

The Sound Cradle is a musical instrument and may only be used and stored in dry rooms. Do not place directly on heaters or stoves. Also heating by sunlight (by example in cars or behind glass panes) can induce a rapid detuning or deformation.

Never leave the sound cradle unattended, as there is no guarantee of stability. When lying down, secure it on both sides with cushions or with locking blocks next to the support surface of the cradle. When standing, place it in a corner of a room. and put the strings against the wall so that nobody can hurt himself!

#### Description and function:

The sound cradle consists of a semicircular, very stable body made of several layers of wood glued together. On the right and on the left of the outer sides there are 18 strings each, which are tuned to one note like a monochord. When the strings are played, there is resonating the entire instrument. You are lying in a resonance room - this makes the soundcradle to a unique piece of sound furniture. The tones can sound intensively through your whole body and you feel protected and supported by the semicircular shape. The soundcradle can be used variably like hardly any other sound furniture or therapy instrument: lying down as a cradle, turned upside down as a dome, set up vertically as a „sound shower“ or connected with a seat it will be a soundchair. Our soundcradle is manufactured in 4 different lengths (130, 150, 180 and 200 cm).

#### Strings:

Playing the strings is very easy:

just stroke with the fingertips across the strings: sometimes very gently, sometimes a little more firmly, sometimes regularly in breathing or heart rhythm), sometimes rhythmically (in rhythm of a song or in simple rhythms). This depends on what is pleasant for the person which is lying in the sound cradle and whether you want to achieve a calming or stimulating effect. The strings sound will be most pleasant when played with the fingers, but hammered dulcimer, small felt mallets or felt picks can also be used! The main thing is that it is pleasant for the person you play for.

The strings of soundcradle are tuned in harmonic intervals. On the one side 16 bare strings in the fundamental (for example d by KL180) and the two thicker bass strings sounding one octave lower (D). On the other side all notes are one fifth higher (a,) also with 2 wounded bass strings one octave lower (A). Please refer to the tuning instructions for the respective tones for the different soundcradle sizes.



## POSSIBILITIES TO PLAY:

Before you see some variations to play, we would like to encourage you trying out first as many possibilities as possible with a second person. This is the prerequisite for a successful use of the SoundCradle.

Not everything is suitable for all practical fields / situations - you know your clients and can assess / clarify what is acceptable for them. It is important that you do not stroke the strings too firmly or too rough – **the person who is lying in the resonance room of the soundcradle feels everything much more strongly than the player perceives it from outside!**

**Please observe the following safety instructions:**

## POSITIONING THE SOUND CRADLE:



### Safety advice:

First fix the cradle with cushions on both sides or with the locking blocks (fixating wedges) so persons can safely get into the cradle and lie down. The locking blocks (fixating wedges) can be ordered separately. You can work with soundcradle on floor on a carpet or on a treatment couch with a width of at least 80cm. The wooden blocks on both sides will prevent overturning. With the help of the locking blocks (fixating wedges), which you put under the sound blocks on the right and left, the sound cradle can keep in position while playing -soit doesn't rock.



### Safety note:

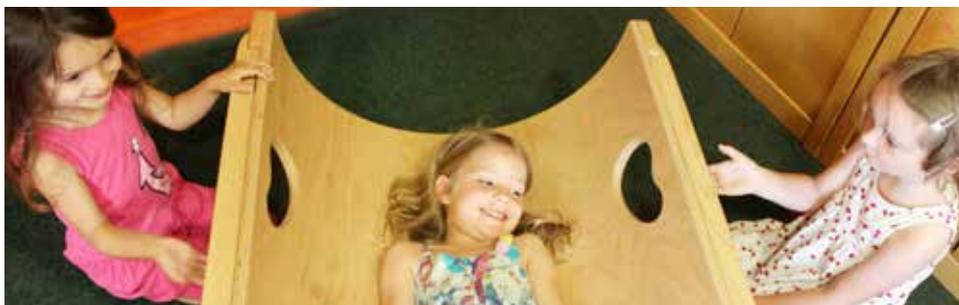
Caution- Risk of crushing: If there are other persons near the cradle, please be extremely careful and keep a safe distance, especially if the cradle is not secured!



Please ensure that persons lie comfortably in the sound cradle by using storage and padding materials. The head should not lie directly on the wood. Especially for people who are not able to express themselves verbally (mentally handicapped people) we recommend a hay mattress to cushion to avoid too strong vibrations.



Feststellklötzchen



## SOUND CRADLE LYING DOWN:

After taking a comfortable position in the cradle, you can start stroking the strings on one side. Alternate stroking with the right and left hand from bottom to top over the strings. Before one hand arrives at the end of the strings, the other hand begins to play from below. With a little practice you can play evenly and fluently. Listen attentively also as a player and relax yourself by hearing the sounds and overtones.

After a few minutes you can change sides and play there. It is also very nice to play both sides alternately on a regular basis. The best position for the player is at the foot end or head end - from here strings can be played well on both sides.

If the locking blocks (fixating wedges) are removed, the cradle can be moved gently. (Linking auditory stimulus and balance/orientation/vestibular stimulation): Play the notes on one side, then move the cradle slightly in the direction of these notes, then play the other side and move in this direction. This is all best done gently and regularly - less is more! And clarify beforehand whether weighing is desired by your client. For those who can get involved, this will be a wonderful physical and mental relaxation.



## Further possibilities by lying:

- Change position (supine, prone or lateral position)
- Additionally add other instruments to the sound cradle – put a pentatonic lyre on the body
- play on yourself - by lying down in the sound cradle like that that the ear holes are not positioned at the top next to the shoulders but next to your hands from there you can reach through the ear holes the strings with both hands.
- The sound cradle can also be turned around and used as a cave (popular with children) or as a “sound blanket” (for bedridden people).
- A further variation is to lay down on top of the soundcradle as a cave and strike the strings yourself. Working in small groups is also possible - pay attention to group rules here, so that person inside of the instrument can relax.



## SITTING IN SOUND CRADLE :

- sit down in the sound cradle like in a boat and move the cradle yourself by shifting the centre of gravity
- two in a cradle, back to back or in front of each other, one plays, the other enjoys.
- Place the cradle with the opening downwards on a knee-high table, sit with the chair or wheelchair in front of the table and slide the sound cradle over your thighs. Now you can play. If the sound cradle rests on the (wheel) chair (on armrests), the vibration will be also transmitted through the chair to the body while playing.



## STANDING IN SOUND CRADLE :

- You can place the cradle upright, place yourself in the standing half-pedestal and have it played on. Or you can place yourself in front of it and play for yourself. This variant is well suited to become friends with the instrument , to feel the vibrations in an upright posture or to sing.



Safety advice: Attention when leaning, danger of falling: Attention - without a firmly fastened seat insert, the sound cradle must be secured from behind, as there is a risk of overturning.

Variant for small group work: two persons lean against the sound cradle wall simultaneously from the inside and outside, two other persons play the strings while standing; then the strings can be changed.

We wish you a lot of fun with the sound cradle. If you have any questions, please contact us!

