

DEEP SLEEP

Best Practices

DEEP SLEEP is a patented neuroacoustic software technology designed to accelerate the onset of sleep by guiding your brain wave frequencies to the delta range (0.5-4Hz) so you can fall asleep faster, stay asleep longer, and sleep deeper. Now you can get the sleep you deserve, every night.

NOTE: The DEEP SLEEP neuroacoustic software journeys are designed for ambient playback only. Do not use headphones during playback. We recommend using an external speaker or iPad/tablet to play DEEP SLEEP.

When should I use DEEP SLEEP?

Play the 50-minute or 8-hour DEEP SLEEP neuroacoustic software journey at bedtime to fall into deep sleep.

How do I best use DEEP SLEEP?

Listen to the DEEP SLEEP neuroacoustic software in your bedroom **WITHOUT** headphones via a speaker at a comfortable volume. You do not need an eye mask. You do not need headphones. You do not need a biosignal processing disc. You only need to listen to the DEEP SLEEP neuroacoustic software at a volume that is comfortable for you.

DO NOT loop the DEEP SLEEP neuroacoustic software journey.

Extra tips

If you continue having difficulty with the onset of sleep after two weeks using DEEP SLEEP nightly, you can try the following:

- Use a NuCalm biosignal processing disc for sleep
- Listen to DEEP SLEEP with premium headphones in bed