

NuCalm® Daily Plan - Tony Robbins

"By doing NuCalm every day, you literally train your nervous system to function at its best."

TONY ROBBINS

Easy. Powerful. Reliable. Safe.

Manage: your stress, anxiety, worry, distractions, inflammation, recovery, energy, and poor sleep.

Results: improve your brain health, lower inflammation, increase resilience, and immune strength. Improve your recovery and healing. Enhance your mindset and emotional control. Increase your focus and intensity; elevate your performance consistently.

Morning - listen to **Ignite Priming with TR** to prime your mindset and prepare for your day.

Morning or Afternoon - Listen to **Ignite** to increase your focus and energy, and elevate performance.

6am

12pm

6pm

12am








6am

Morning - if you wake up feeling tired - get back in bed and do **Rescue** to wake up feeling refreshed and energized.

Afternoon - restore and recalibrate by doing **Rescue** to recover and erase your stress, anxiety, and worries.

Bedtime - play any 8 or 10-hour **DeepSleep** track through a speaker in your bedroom.

NuCalm Journeys:

-    **Rescue** – Deepest recovery and restoration (Alpha and Theta – 12Hz – 4Hz)
-   **Ignite** – Peak mental state and mistake free performance (Gamma – 39Hz – 41Hz)
-   **DeepSleep** – Deepest levels of sleep and rest (Delta – 4Hz – 0.5Hz)