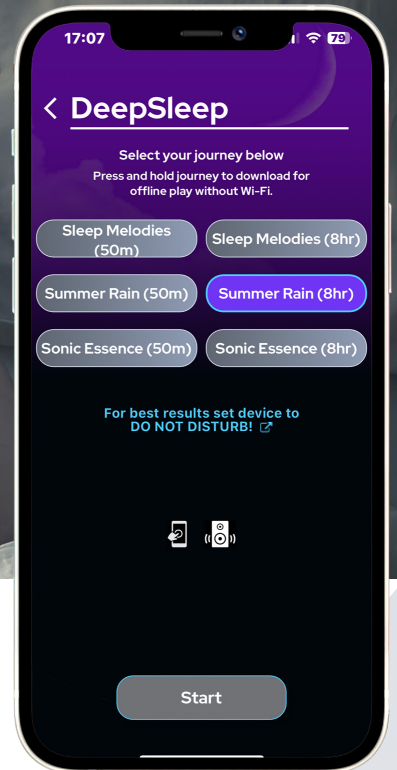


NuCalm®

HOW TO USE

Summer Rain: 10hr, 8hr, 50min
Sonic Essence: 10hr, 8hr, 50min
Sleep Melodies: 8hr, 50min



DeepSleep (DELTA 4Hz – 0.5Hz)



DeepSleep is like a digital sleeping pill, except it's predictable, reliable, easy to use, and has no drugs or side effects. The DeepSleep neuroacoustic software tracks gently guide your brain waves to the deepest levels of sleep so you can fall asleep with ease, sleep deeper, and stay asleep longer. DeepSleep is critical for good health, feeling good, lowering inflammation, increasing your resilience, and being your best self. Sleep deprivation, primarily due to unmanaged, chronic stress, affects millions of people. When you can't quiet

your mind it's difficult to fall asleep, and even more difficult to fall back asleep if you wake up during the night. DeepSleep was designed to give your mind and body the restorative sleep you need and deserve.

How to Use DeepSleep

DeepSleep is the most complex physics of any NuCalm journey, but is the easiest to use. Select an 8hr or 10hr track on the NuCalm mobile app and play it in your bedroom through a speaker at a comfortable volume. The underlying physics is the same across

all DeepSleep tracks, so please listen to the tracks that most appeal to you. Turn it off when you wake up in the morning.

When to Use DeepSleep

Use DeepSleep at bedtime.

What DeepSleep Feels Like

Listening to DeepSleep winds your brain down as you fall into deep sleep. The NuCalm patented neuroacoustic software is like a tuning fork, so the more you listen to it, the more your mind trains itself to relax and fall into deep, restorative sleep.

NuCalm®

HOW TO USE



30min, 40min, 50min, 70min, 100min, 120min

Rescue (ALPHA AND THETA 12Hz – 4Hz)



Use Rescue, the world's most powerful recovery technology for instant stress relief and improved sleep quality with no drugs or side effects. According to research by Dr. CK Peng at Harvard Medical School, Rescue can provide up to 2 hours of restorative sleep in just 20 minutes. The Rescue tracks are between 30 minutes and 120 minutes and are predictable, safe, easy to use, reliable, and cumulative. The more you use Rescue, the healthier and more balanced your mind and body become. Over time, your immune strength will increase, your stress resilience will increase, and your inflammation will decrease, simply by consistently managing your stress with no drugs.

How to Use Rescue

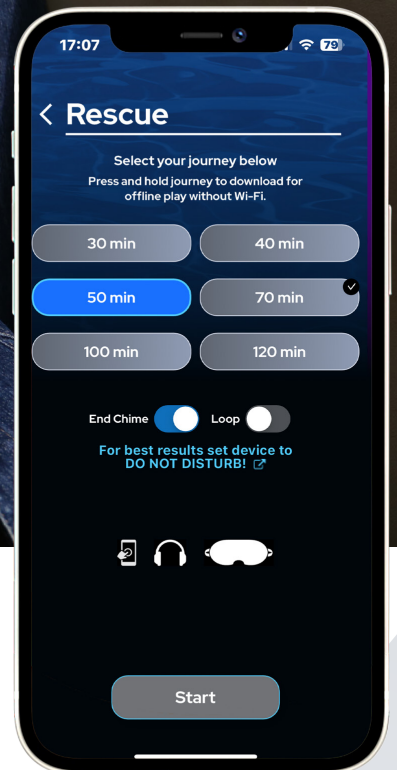
Rescue is an immersive experience. Find a safe, comfortable place to lay down, put on an eye mask and your best headphones, select any Rescue track on the NuCalm app, press play, and enjoy deep relaxation and restoration.

When to Use Rescue

Use Rescue each day. If you wake up feeling tired, get back into your bed and enjoy Rescue. During the afternoon, as your energy naturally dips, enjoy any Rescue track. You can use Rescue more than once per day. In fact, you can use Rescue as many times per day as you wish, it can do no harm. Except, do not use Rescue within 3 hours of your bedtime because you may feel too energized to fall asleep.

What Rescue Feels Like

During Rescue, your mind will wander, your body will feel heavy, your breathing will slow down, and you will lose sense of time. When your mind and body are fully restored, you will simply "come to" where you become aware of your surroundings. Take off the eye mask and headphones, and turn off the track. After Rescue you will feel calm, grounded, patient, and relaxed, yet mentally focused, inspired, and ready to take on your day.

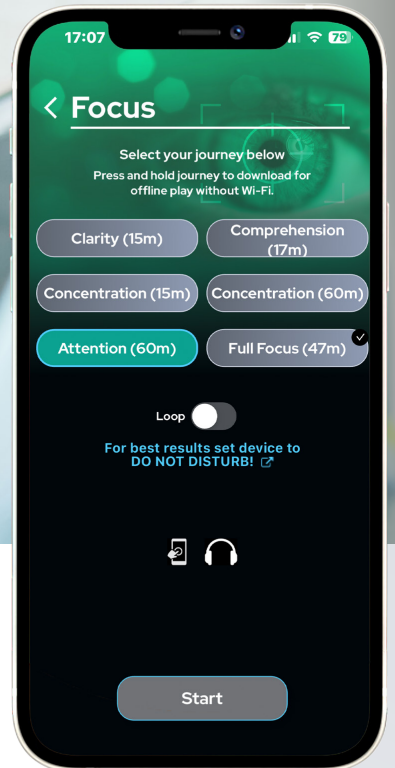


NuCalm®

HOW TO USE



Clarity: 15min
Comprehension: 17min
Concentration: 15min
Concentration: 60min
Full Focus: 47min
Attention: 60min



Focus (BETA 15Hz – 20Hz)



Focus is an essential technology for getting more done in less time. Our minds are often distracted with worry, uncertainty, anxiety, to-do lists, or feelings of overwhelm. Focus puts you back in control so you can enjoy a quiet, decluttered mind. Focus significantly increases your mental clarity, analytical thinking, comprehension, energy, and inspiration.

How to Use Focus

The Focus tracks are simple to use. Select any Focus track on the NuCalm mobile app, put on your favorite headphones, and enjoy your mental productivity with a quiet, decluttered mind. Focus can be looped and played for as long as you want clarity, comprehension, and concentration, but we recommend taking a 'thinking break' after 60 minutes of continuous use.

When to Use Focus

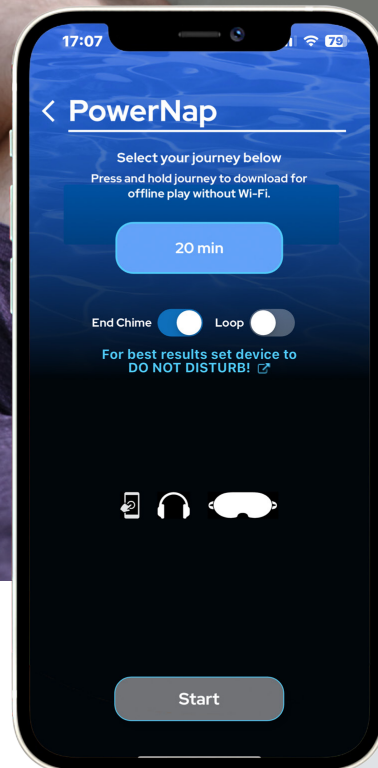
Focus can be used anytime you are awake. People use Focus while working, catching up on emails, thinking, walking, reading, doing house chores, or anytime you want to feel focused and get more done in less time.

What Focus Feels like

Listening to the beautifully composed music and sound design, you will quickly begin to focus as the NuCalm underlying physics narrows your focus and attention. You will lose sense of time as your focus increases and your thinking becomes more intentional.

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HOW TO USE



PowerNap (ALPHA & THETA 12Hz - 4Hz)



Use PowerNap, the world's most powerful recovery technology for instant stress relief and improved sleep quality with no drugs or side effects. According to research by Dr. CK Peng at Harvard Medical School, PowerNap can provide up to 2 hours of restorative sleep in just 20 minutes. The PowerNap tracks are 20 minutes and are predictable, safe, easy to use, reliable, and cumulative. PowerNap was designed for days when you simply do not have more than 20 minutes to enjoy a Rescue track. The more you use PowerNap, the healthier and more balanced your mind and body become. Over time, your immune strength will increase, your stress resilience will increase, and your inflammation will decrease, simply by consistently managing your stress with no drugs.

How to Use PowerNap

PowerNap is an immersive experience. Find a safe, comfortable place to lay down, put on an eye mask and your best headphones, select PowerNap on the NuCalm app, press play, and enjoy deep relaxation and restoration.

When to Use PowerNap

Use PowerNap on the days where you do not have more than 20 minutes to enjoy a Rescue track. If you wake up feeling tired, get back into your bed and enjoy PowerNap. During the afternoon, as your energy naturally dips, enjoy PowerNap. You can use PowerNap more than once per day. In fact, you can use PowerNap as many times per day as you wish, it can do no harm. Except, do not use PowerNap within 3 hours of your bedtime because you may feel too energized to fall asleep.

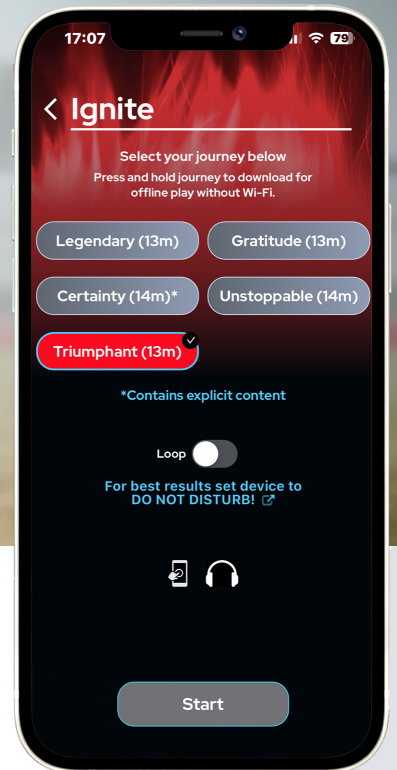
What PowerNap Feels Like

During PowerNap, your mind will wander, your body will feel heavy, your breathing will slow down, and you will lose sense of time. When your mind and body are fully restored, you will simply "come to" where you become aware of your surroundings. Take off the eye mask and headphones, and turn off the track. After PowerNap you will feel calm, grounded, patient, and relaxed, yet mentally focused, inspired, and ready to take on your day.

NuCalm®

HOW TO USE

Legendary: 13m
Gratitude: 13m
Certainty: 14m
Unstoppable: 14m
Triumphant: 13m



Ignite (GAMMA 39Hz – 41Hz)



Ignite is designed to optimize your physical, mental, and psychological performance so you can be unstoppable!

No matter what endeavor you are pursuing, you will improve your chances of success when you believe you are unstoppable. The Ignite tracks elevate your brain wave frequencies to gamma, where you activate your senses, intensify your mental clarity, and increase your strength and endurance. With Ignite you will push harder, go farther, and perform at your best, without distraction, self-doubt, insecurity, or worries.

How to Use Ignite

Ignite is simple to use. Put on your best headphones or in-ear buds, select any Ignite track on the NuCalm mobile app, press play, and enjoy an abundance of energy and inspiration.

When to Use Ignite

Use Ignite any time you want an energy boost or to increase your readiness and absolute certainty to accomplish any task. Many NuCalmers use Ignite immediately before a competition or workout and during a workout. You can loop Ignite, but stop listening to Ignite if you begin to feel agitated, as if you feel over caffeinated. Do not use Ignite within 3 hours of your bedtime because you may feel too energized to fall asleep.

What Ignite Feels Like

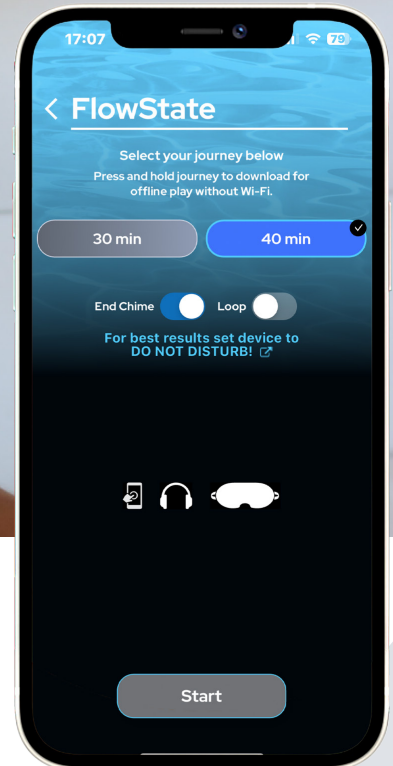
Listening to Ignite is empowering. Your focus sharpens as your body begins to rev up. The last 3 minutes of Ignite is pure intensity where your energy, self-awareness, and senses are all peaked for optimal performance.

NuCalm®

HOW TO USE



30min, 40min



FlowState (ALPHA & THETA 12Hz – 7.83Hz)



Calm your mind and inspire your creativity. Sometimes we get stuck in old thought patterns and can't seem to catch up with our thoughts. FlowState clears away mental blockages, erases negative energy, get rids of procrastinations to open your mind to new ideas, creative insights, and new thought patterns. FlowState quiets your mind while opening the door to your subconscious creativity in a restful state.

How to Use FlowState

FlowState is an immersive experience. Find a safe, comfortable place to lay down, put on an eye mask and your best headphones, select any FlowState track on the NuCalm app, press play, and enjoy deep relaxation.

When to Use FlowState

When you are feeling mentally or emotionally fatigued, out of balance, or just stuck, enjoy the subtle power of FlowState to calm your mind while inspiring new thoughts and creativity.

If you have a project deadline that is approaching and you are feeling pressured and overwhelmed, simply enjoy FlowState, and afterward you will feel relaxed, focused, and inspired. FlowState prepares your mind to get into flow and tap into your creative genius, and you can use it anytime of day, except within 3 hours of your bedtime because you may feel too energized to fall asleep.

What FlowState Feels Like

During FlowState, your mind will wander, your body will feel heavy, your breathing will slow down, and you will lose sense of time. When your mind and body are fully restored, you will simply "come to" where you become aware of your surroundings. Take off the eye mask and headphones, and turn off the track. After FlowState you will feel calm, grounded, patient, and relaxed, yet mentally focused, inspired, creative, and ready to take on your day.

THE NUCALM DAILY PROTOCOLS



NuCalm Brain Health Protocol

- 1. Morning** - if you wake up feeling tired - get back in bed and do a 20-minute **PowerNap** or a 30-minute **Rescue** to wake up feeling refreshed and energized.
- 2. Afternoon** - restore and recalibrate by erasing your stress, anxiety, and worries - find a quiet place, put on your favorite headphones and an eye mask, select a **Rescue** track and press play.
- 3. Bedtime** - play any 8-hour **DeepSleep** track through a speaker in your bedroom.

NuCalm Productivity Protocol

- 1. Morning** - if you wake up feeling tired - get back in bed and do a 20-minute **PowerNap** or a 30-minute **Rescue** to wake up feeling refreshed and energized. And then listen to **Ignite** with headphones for an energy boost, or as a replacement for coffee.
- 2. When you need to concentrate** - listen to **Focus** with headphones and feel the power of a decluttered mind. If you want to inspire your creativity, find a quiet place, put on your favorite headphones and an eye mask, select a **FlowState** track and press play.
- 3. Afternoon** - restore and recalibrate by erasing your stress, anxiety, and worries - find a quiet place, put on your favorite headphones and an eye mask, select a **Rescue** track and press play.
- 4. Bedtime** - play any 8-hour **DeepSleep** track through a speaker in your bedroom.

NuCalm Performance Protocol

- 1. Morning** - if you wake up feeling tired - get back in bed and do a 20-minute **PowerNap** or a 30-minute **Rescue** to wake up feeling refreshed and energized. And then listen to **Ignite** with headphones for an energy boost, or as a replacement for coffee.
- 2. Pre-workout** or during a workout - listen to **Ignite** with headphones.
- 3. Before a big meeting or performance** - listen to **Ignite** with headphones.
- 3. Afternoon** - restore and recalibrate by erasing your stress, anxiety, and worries - find a quiet place, put on your favorite headphones and an eye mask, select a **Rescue** track and press play.
- 4. Bedtime** - play any 8-hour **DeepSleep** track through a speaker in your bedroom.