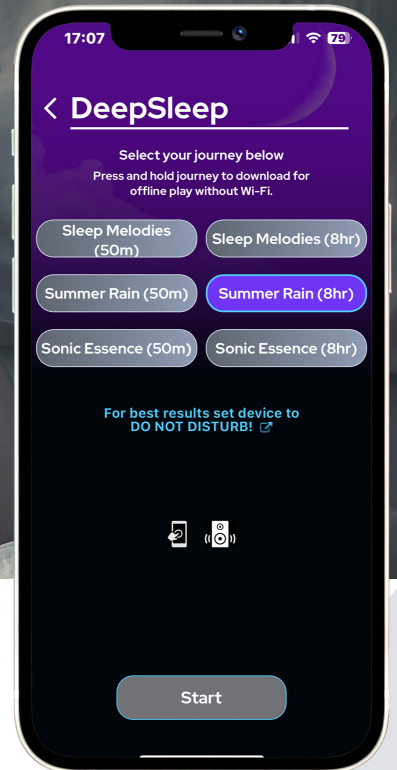


NuCalm®

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.