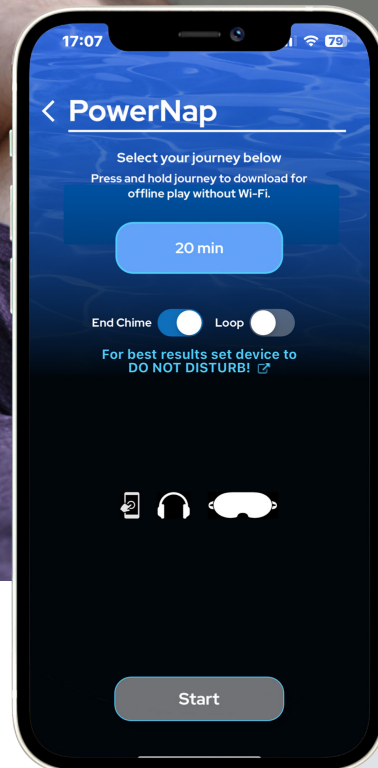


# NuCalm<sup>®</sup>

## 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.