

# 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.

