

Ignite Warrior Brain Best Practices

Make sure you are using NuCalm regularly to properly manage your rest and recovery. We recommend using NuCalm every day that you use Ignite Warrior Brain.

How do I use Ignite Warrior Brain?

- Open the NuCalm mobile app and select "Ignite Warrior Brain" from the home screen. Then select the Ignite Warrior Brain journey you want to experience.
- Listen to the Ignite Warrior Brain journey with headphones for best results.
- Unlike with NuCalm, you do NOT use a biosignal processing disc or eye mask.
- You can loop Ignite Warrior Brain journeys.
- Stop listening to Ignite Warrior Brain if you begin to feel agitated.

When should I use Ignite Warrior Brain?

- Any time between wake up and 7pm.
- Any time after a NuCalm journey.
- Before a physical workout or competition.
- When you need to focus mentally and perform at a high level.
- Instead of caffeine, energy drink, suger drink, or stimulant.

When shouldn't I use Ignite Warrior Brain?

- Within 2 hours of bedtime.
- When you want to relax.

Which journey should I choose?

- The Ignite Warrior Brain journeys all use the same underlying patented physics algorithms and produce the same physiological result. Journey selection is based on personal preference.
- We recommend you experiment with each Ignite Warrior Brain journey to find your "go to" journey.