

Focus Best Practices

How do I use Focus?

- Make sure you are using NuCalm regularly to properly manage your rest and recovery.
- Open the NuCalm mobile app and select the Focus product from the home screen. Then select the Focus journey you want to experience.
- For best results, listen to the Focus journey with premium headphones.
- Unlike with NuCalm, you do NOT use a biosignal processing disc or eye mask.
- You can loop or stack Focus journeys and listen for as long as you like.

When should I use Focus?

- Any time between wake up and within 1 hour of bedtime.
- Any time you would like greater concentration.
- Any time you would like to improve learning and comprehension.
- Any activity that requires mental focus and clarity.
- Any time you would like to reduce mental distractions.

When should I NOT use Focus?

- Within 1 hour of bedtime.
- When you want to relax, restore, and recover.

Which Focus journey should I use?

- The Focus journeys all use the same underlying patented physics algorithms to produce the same physiological result. Journey selection is based on personal preference. There are three Focus journeys to choose from:
 - **Clarity** - Slows you down to one thought at a time. A narrow focus and the clarity to do something really well.
 - **Comprehension** - Increase conscious awareness, cognition and the ability to process information, understand concepts more clearly, and solve problems more easily.
 - **Concentration** - Remove distractions, create active thinking with greater focus on thoughts, resulting in increased capacity to learn and retain information.