



## **Pre Exercise Focus Session Mixed**

This session uses tones modulating at 12 Hz to support physical power and mental focus before workouts or short term physical activity. It can be used with or without headphones, and with eyes opened or closed.

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## **Post Workout Recovery**

Post Workout Recovery is designed to guide the brain into a deep rejuvenating delta state, supporting the body's natural recovery and repair processes after physical exertion and daily activity.

This session is recommended after a workout and may be used immediately after training or later in the same day depending on personal recovery needs.

Use the session in a quiet and comfortable environment. Sit or lie down, gently close your eyes, and remain relaxed throughout the session.

The track may be used with or without headphones, although headphones are recommended in noisy environments.

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## **Performance Enhancer**

Performance Enhancer is designed to guide the mind into a zone state combining deep relaxation with heightened alertness. The session gradually transitions into beta frequencies to support focused performance while maintaining calmness.

Use this session before a workout, competition, or athletic event. During the first part of the session, visualize yourself calm, confident, and fully prepared. As the rhythm increases, visualize yourself performing at your best while maintaining relaxed focus.

Use the session in a quiet and comfortable environment with eyes closed throughout the session. Headphones are required.

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## **Motivator**

Motivator is designed to enhance drive, focus, and energy. The session guides the listener through beta frequencies to help reduce fatigue and promote readiness and motivation.

It may be used before workouts or anytime during the day when an additional boost of energy is needed.

The session may be experienced with eyes opened or closed and can be used with or without headphones. Headphones are recommended in noisy environments.

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## **Energizer**

Energizer is designed to support alertness, vigor, and mental activation. The session uses beta frequencies to help counter fatigue and restore energy and focus.

The track may be used with eyes opened or closed and with or without headphones. In noisy environments, headphones are recommended for optimal immersion.

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## **Athletic Performance Anxiety**

This session is designed to support calmness and nervous system regulation before athletic competitions or situations that may trigger performance anxiety.

Use the session in a quiet and comfortable environment where you will not be disturbed. Sit or lie down, gently close your eyes, and remain relaxed throughout the session.

The track may be used with or without headphones, although headphones are recommended in noisy environments.

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## **Usage Guidelines**

Recommended use is consistent rather than occasional. Regular use supports stronger adaptation of sleep cycles and deeper restorative effects over time.

These sessions should be integrated into a stable sleep routine whenever possible for best results.

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## **Important Note**

These sessions are based on brain entrainment principles designed to support nervous system regulation and sleep optimization.

With consistent use, users may notice improvements in sleep onset, sleep depth, recovery quality, and morning energy, often becoming more noticeable after the second week of regular practice.

