



# Sleep Protocol Guidelines

## Morning Energizer

This track is designed to support a boost in mental and physical energy whenever needed. It can be especially useful in the morning to activate focus, alertness, and vitality.

Important:

This track should not be used in the evening, as it may lead to difficulty falling asleep due to its stimulating nature.

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## Lightfall • Fade • Lull

These tracks are designed for deep sleep induction and restorative recovery.

They must be used in bed with headphones in a quiet, dark, and comfortable environment. The user should remain still, relaxed, and avoid any movement once the session begins.

As the session progresses and sleep naturally begins to take over, headphones may be gently removed if needed.

These tracks are designed to guide the nervous system into a deep restorative sleep state, supporting recovery, emotional balance, and cognitive reset during the night.

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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

Never use any of these tracks while driving, operating machinery, or performing tasks requiring attention.

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.