



Neuroacoustic Protocol Guidelines

Welcome to your YouMind® Neuroacoustic Protocol.

This collection has been carefully designed to support different mental and physiological states through **isochronic tone technology**. Unlike music intended only for relaxation, these sessions use precisely engineered rhythmic stimulation to encourage the brain toward specific patterns associated with rest, focus, emotional balance, and cognitive performance.

With regular use, the brain becomes increasingly familiar with these patterns, making it easier to access these states naturally over time.

Before You Begin

To experience each session as intended, please follow these simple guidelines:

- Read the instructions for each session before listening.
- Use **stereo headphones or earphones**, unless otherwise stated.
- Choose a quiet environment where you are unlikely to be disturbed.
- Follow the recommended listening position for each session.
- Do not force the experience. Simply relax and allow the session to unfold naturally.
- Regular practice generally produces better results than occasional listening.

Please remember to read the **Safety Disclaimer** at the bottom of this page before beginning your first session.

Deep Sleep & Night Recovery

Nightfall and Sleep Induction

These sessions support a natural transition into deep sleep by calming the mind and settling the nervous system.

Recommended use

- Listen at bedtime.
- Experience the session lying down.

- Keep your eyes closed throughout.
- Use headphones or earphones for full immersion.
- Allow yourself to drift naturally into sleep.

Mood, Presence & Cognitive Balance

Calm Flow and Presence

Designed to encourage a balanced, positive mental state, these sessions support emotional well-being while promoting mental clarity, learning, memory, coordination, and healthy circadian rhythms. They are also well suited for moments when you want your subconscious mind to quietly process and integrate information.

Recommended use

- Lie down in a quiet, comfortable environment.
- Keep your eyes closed.
- Remain still and relaxed throughout the session.
- Use headphones or earphones for the intended experience.

Calm, Resilience & Emotional Balance

Centered State and Even Horizon

These sessions help calm an overactive mind and restore emotional balance during periods of stress or overwhelm. With regular use, they also help train the brain to enter and maintain this calm state more naturally.

Recommended use

- Lie down in a quiet, comfortable place.
- Keep your eyes closed.
- Remain still throughout the session.
- Use headphones or earphones.

Focus, Clarity & Flow

The Zone

This session supports sustained attention, mental clarity, and a calm state of alertness. It is particularly effective during activities such as walking, when many users report feeling deeply present, focused, and mentally clear without feeling overstimulated.

Recommended use

- May be used before work, during focused tasks, or while walking.
 - Suitable while sitting, lying down, or walking in a safe, familiar environment.
 - Can be experienced with eyes open or closed.
 - If listening in the evening, allow at least two hours before bedtime.
 - This is an **asymmetric audio session** and must be experienced with stereo headphones.
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Consistency Matters

Like any form of mental training, the benefits of neuroacoustic stimulation build over time. While many people notice immediate effects, regular use helps the brain become increasingly efficient at accessing these beneficial states independently.

Choose the session that best matches your current needs and allow the experience to become part of your daily wellbeing routine.

Safety Disclaimer

Please read the Safety Disclaimer before using any YouMind® Neuroacoustic Protocol.

These sessions are not intended for individuals under the age of 18, during pregnancy, for people with epilepsy or a history of seizures, or for anyone using a pacemaker or other implanted electronic medical device.

Do not use these sessions while driving, cycling, operating machinery, or during any activity that requires your full attention.

If you have a neurological condition or any medical concerns, consult your healthcare professional before using these sessions.

These protocols are designed to support wellbeing and are not intended to diagnose, treat, cure, or prevent any medical condition.