

NuCalm™ Best Practices

Find a quiet place. Always use a NuCalm Biosignal Processing Disc, eye mask, and headphones or earbuds with the NuCalm mobile app.

When should I NuCalm?

- NuCalm is a very personal experience. Use the information below to help make NuCalm a regular part of your life.
- There is no right or wrong way to NuCalm. Experiment with different session lengths and times of day to optimize NuCalm use for your lifestyle.
- Similar to caffeine, many people find they may be too energized to sleep at night after a late NuCalm session. Make note of your sleep patterns after evening sessions to find your cut-off time. We typically recommend not using after 7pm.

Which track do I choose?

General Health, Energy or Recovery

- NuCalm every afternoon to your natural endpoint when possible, otherwise a minimum of 20-30min.
- Use the **Rescue** tracks for 30min or longer (or **Recharge** if you really can only spare 20min).
- An afternoon NuCalm can replace caffeine, naps, or sugar for afternoon dips in focus and energy.

Stress or Anxiety Relief

- For daily stress or anxiety relief, NuCalm any time before 7pm.
- For situational anxiety, NuCalm in anticipation of the stressful event.
- For maximum relief, use the longer **Rescue** tracks.

Cognitive Performance

- NuCalm before a presentation, exam, game, etc. for focus.
- NuCalm after learning something new to improve memory.
- Use the **Reboot** tracks for focus, creativity, cognitive performance.

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Injury, Post-op, Feeling Unwell, or Hangover Recovery

- NuCalm as soon as possible and as frequently as possible to your natural endpoint.
- You can't overdo NuCalm, so NuCalm as much as you can until you feel better.
- Always use the **Rescue** tracks for deep recovery – the longer, the better.

Waking Up Tired

- Keep NuCalm by your bed.
- Set your alarm half an hour before you have to wake up and replace it with a 30 minute or longer NuCalm.
- Replace your morning coffee with a morning NuCalm using any of the **Rescue** tracks.
- NOTE: **20 minutes** of NuCalm is equivalent to approximately **2 hours** of restorative sleep.

Trouble Falling or Staying Asleep

- Keep NuCalm by your bed.
- Though NuCalm doesn't put you to sleep, it relieves stress and guides you toward the onset of sleep.
- You can use earbuds for comfort in bed and remove them any time as you roll over and fall into sleep.
- Use the **Rescue** tracks to help guide you toward sleep.

How Long Should I NuCalm?

- For optimal recovery and health, let your body tell you how long your NuCalm session needs to be. The best way to achieve homeostasis (putting your mind and body back into balance) is to "wake up" or finish a session naturally.
- This means that you end your NuCalm session whenever you naturally "wake up" or start to be aware of your surroundings again, the same way you would after a nap. This may be anywhere from 20 - 90 minutes.
- The time needed in NuCalm is directly correlated to your current stress or fatigue level – the greater the stress or fatigue, the longer your session will be.
- Some signs of your **natural endpoint** include: feeling alert and more aware of your surroundings, feeling distracted or antsy, moving around, and faster breathing pace.