

NuCalm® Frequency Guide

Ignite



Gamma
(39Hz – 41Hz)

Peak physical energy, increased mental acuity. Listen while you work out, before a presentation, morning priming, or before a game



Focus



Mid Beta
(15Hz – 20Hz)

Mental focus, concentration, quick thinking. Listen while you work or learn



FlowState



Alpha
(8Hz – 12Hz)

Deep relaxation, problem solving, creativity, thinking “outside the box” – access to your subconscious



Rescue & PowerNap



Theta
(4Hz – 7Hz)

Cellular restoration, deep recovery in the healing zone of Theta. Use daily to manage stress and balance your nervous system



DeepSleep



Delta
(0.5Hz – 4Hz)

Fall asleep faster, sleep deeper, and wake up feeling fully rested and restored. Listen on speaker in your bedroom through the entire night

