

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

