

NuCalm®

Real Science. Real Results. For Real People.



Getting Started with NuCalm®

Congratulations on investing in your brain health and welcome to the NuCalm family! Your path to immediate stress relief, incredible sleep, laser focus, and peak performance just got easier.

What You Need to Use NuCalm

1. NuCalm mobile app
2. Your favorite headphones
3. A speaker for *DeepSleep*
4. An eye mask for *Rescue* and *PowerNap*

The NuCalm Mobile App

Download the NuCalm mobile app from the [App Store](#) or [Google Play Store](#).

To login to the NuCalm mobile app, please use the sign-in method you used to create your NuCalm account.

NuCalm Product

Ignite
Priming

Focus

FlowState

Rescue
PowerNap

DeepSleep
DeepestSleep
DeepestSleep+

Mental State

High Intensity

Mental Acuity

Creativity & Flow

Recovery & Healing

Restful Sleep

Brain Wave Frequency

Gamma
39 - 41Hz

Beta
15 - 20Hz

Alpha
12 - 8Hz

Theta
7 - 4Hz

Delta
4 - 0.5Hz

Sleep & Recovery

Recover, restore, sleep like a baby, and reset your nervous system with *Rescue*, *PowerNap*, *DeepSleep*, and *DeepestSleep*.

Focus & Performance

Unleash peak performance, laser focus, and your creative genius with *Ignite*, *Priming*, *Focus*, and *FlowState*.

How to Use NuCalm

We recommend downloading the tracks to your mobile device. [Click here](#) to see how to download the NuCalm tracks.

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Headphone and Speaker Recommendations

We recommend using high-quality headphones or earbuds to ensure your headphones are delivering the wide range of frequencies embedded in the NuCalm patented neuroacoustic software.

Best Over-Ear Headphones:

Sony WH-1000XM6
Noise-Cancelling
Headphones



Best Bone Conduction Headphones:

Shokz Open Run



AirPods Max

BOSE Noise
Cancelling



Best In-Ear Headphones:

IMORE Quad Driver
In-Ear Headphones



Best Portable Speakers:

For DeepSleep – Speaker Required

JBL Flip 6



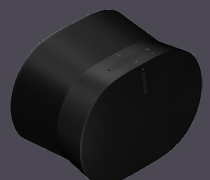
BOSE SoundLink Flex



Soundcore 3



Sonos Era 300



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