

NuCalm Frequently Asked Questions

How often should I use NuCalm for best results?

Well, how often would you like to start each day with a clear mind, boundless energy, and unshakeable resilience. That's the power of consistent daily NuCalm use.

While even a single Rescue or PowerNap session can provide immediate relief from stress and fatigue, the true magic happens when you make it a regular part of your self-care routine. Just like exercise or nutrition, the more consistently you use NuCalm, the more profound and lasting the benefits become. Let's face it, stress never takes a holiday, so neither should your stress management habits.

We recommend aiming for at least 3-4 Rescue sessions per week, with a minimum of 20 minutes per session. This allows your body to fully recalibrate and maintain a state of optimal health and balance.

Think of Rescue as your daily reset button for your autonomic nervous system - the master control center for your stress response, sleep patterns, and overall well-being. The more frequently you press that reset button, the less work your body must do to find its natural equilibrium. Stress can get the best of us, and when we are under chronic stress, it is exhausting.

During each Rescue session, your body will naturally reach a point of complete recovery, signaling the end of your session. This "natural endpoint" is different for everyone and can vary from day to day. You'll know you've reached it when you naturally "wake up," similar to emerging from a rejuvenating nap.

The length of time it takes to reach your natural endpoint is a powerful indicator of your current stress levels. Factors like sleep deprivation, anxiety, illness, or jet lag can all impact the duration of your Rescue session. But here's the incredible part - the more consistently you use Rescue, the shorter your sessions will naturally become over time. It's tangible proof that you're building a more resilient, balanced nervous system.

So, embrace the power of consistency and make Rescue your daily companion on the path to unshakable well-being. Whether you're navigating a stressful workweek, recovering from a sleepless night, or simply maintaining your peak performance, NuCalm is here to support you every step of the way. And for DeepSleep, it's as easy as selecting a track at bedtime, pressing the start button, and listening through headphones. Great sleep has never been this easy to attain, so take advantage of it.

How will I feel after using NuCalm?

For Sleep and Recovery, we offer Rescue, PowerNap, FlowState, and DeepSleep. Imagine stepping off the relentless treadmill of modern life and into a sanctuary of tranquility and rejuvenation. That's the feeling most people experience after a Rescue, PowerNap, or FlowState session.

In a world where our minds are constantly bombarded with thoughts, to-do lists, and time-pressured demands, NuCalm offers a much-needed "pause button." By naturally guiding your mind into a state of deep relaxation, NuCalm clears the mental clutter and allows you to fully immerse yourself in the present moment.

From the very first session, many users report a profound sense of awe and liberation as they experience the quieting of their "monkey mind" – the constant chatter and patterns of thought that often keep us feeling stuck and overwhelmed.

As you emerge from your Rescue, PowerNap, or FlowState session, you'll likely feel a renewed sense of peace, control, and emotional resilience. You may find yourself feeling more in tune with your surroundings, better able to listen and respond with clarity and composure. This heightened state of awareness and presence is, in fact, our natural state of being – and NuCalm helps you rediscover it.

Regular NuCalm users often report sustained benefits that extend far beyond the session itself. The calm, confidence, and clarity you experience after NuCalm can become your new baseline, enhancing your quality of life and relationships.

In addition to the emotional and cognitive benefits, NuCalm also supports your physical well-being. The deep relaxation triggered by NuCalm promotes oxygen-rich blood flow to your brain's cognition centers, resulting in enhanced mental focus and performance. Moreover, by grooming your body's natural sleep-promoting mechanisms, NuCalm can lead to more efficient and restful sleep night after night.

Embrace the transformative power of NuCalm and discover what it feels like to navigate life with a greater sense of ease, presence, and vitality. As you make NuCalm a regular part of your self-care routine, you'll unlock your innate capacity for calm, clarity, and resilience in the face of life's challenges.

For Focus and Performance, we offer Focus and Ignite. Much like the unique experiences of Rescue or PowerNap, Focus is an experience you've probably never had before. Within minutes of press start on a Focus track with your favorite headphones on, your racing thoughts and distractions disappear. You may not even notice this happening during the first few minutes because it happens with such ease. You will feel a sense of mental clarity, laser focus, and single-minded attentiveness throughout the entire Focus track. And when you stop listening to Focus, your attention and positive energy will stay with you for a while. Many people listen to Focus throughout their workday, or even after work while catching up on emails. You can't overdo Focus, as there is no harm that can be done when your brain wave is between 15Hz and 20Hz.

Ignite is brilliant. It is powerful, predictable, safe, and easy to use. Imagine being able to get into "the zone" on demand simply by listening to an Ignite track with headphones.

These tracks are the shortest tracks in the NuCalm neuroacoustic software platform, ranging between 13 and 16 minutes each. Once you've "Ignited," the feeling of absolute certainty, peak mental focus, and high energy lasts with you for a while. Some people say that they feel the energy boost and mental focus for hours after they use Ignite. It's an elevation in your mood, in your energy, in your confidence, and in your ambition, and it's at the ready to serve you anytime you want to perform at your very best.

What type of headphones work best with NuCalm?

The beauty of NuCalm is that it works with any headphones you already own, making it easy to incorporate into your daily life. Whether you prefer earbuds, or over-ear headphones, you can experience the full benefits of NuCalm.

For the best results, we recommend using good quality headphones that can deliver a wide range of frequencies. This ensures that you're getting the most of the patented neuroacoustic software.

If you plan on using NuCalm in noisy environments like airports or airplanes, consider investing in a pair of noise-canceling headphones. These will help block out external distractions and create a more immersive NuCalm experience that your mind will appreciate.

But ultimately, the most important thing is to choose headphones that are comfortable for you. Whether you opt for the simplicity of earbuds or the rich sound of over-ear headphones, NuCalm will adapt to your preferences and lifestyle.

So don't worry about needing any special equipment – grab your favorite headphones and start your journey to better sleep, less stress, and enhanced well-being with NuCalm today.

How is NuCalm different from binaural beats or other relaxation products?

Complex science.

The world is filled with countless binaural beat apps and audio products claiming to enhance relaxation and reduce stress, and NuCalm stands alone as the ONLY scientifically validated, patented technology clinically proven to balance the autonomic nervous system consistently and predictably, without medication or side effects. While some binaural beat applications may provide a temporary sense of calm, their effects are often inconsistent and short-lived. In fact, you will notice that after a couple of listens, the binaural beats have no impact on your state of mind. And the reason is simple. Binaural beat is a delivery mechanism. It is the "how it presents the brain with a signal," but the key is what signals you are presenting to the brain. For example, when you order a pizza for delivery, you don't eat the pizza delivery boy or girl, you eat the pizza. NuCalm is the pizza, not the delivery.

Your brain is complex and is always looking for patterns and shortcuts. Binaural beat apps use simple, static frequencies that your brain quickly figures out. Once your brain identifies the patterns, it develops a tolerance and boredom to the repetitive patterns, rendering them ineffective and useless.

NuCalm, on the other hand, leverages cutting-edge neuroscience to deliver unparalleled results. Our neuroacoustic software is the only patented software in the world designed to change your state of mind. How do we do this? NuCalm uses binaural signal processing and isochronic wave forms to present your brain with signals, but the secret sauce is the pitch and frequency matrix and non-linear algorithms inside the software that are dynamic and constantly tricking your mind so it can't figure out the patterns. You will never build any resistance to NuCalm, and it will always do what it's intended to do... rapidly slow down your mind into the restorative healing zone of theta within minutes – regardless of your initial stress levels.

Unlike other products that rely solely on audio entertainment, NuCalm's groundbreaking biosignaling technology first neutralizes the stress response, creating the optimal conditions for deep relaxation. Then, our proprietary physics guides you into a state of profound restoration and recovery.

Backed by over 35 years of research and development, NuCalm's effectiveness has been demonstrated in numerous clinical studies and real-world applications. From elite athletes and military operators to high-performing executives, thousands of individuals rely on NuCalm daily to achieve peak mental states and unparalleled relaxation.

Experience the difference of a true scientific breakthrough. Choose NuCalm and discover what genuine relaxation and optimal performance feel like.

What kind of music will I be listening to?

NuCalm is not about the music, it's about the science underneath the music. And there is a lot of science. In fact, the patented NuCalm neuroacoustic software tracks are 1 - 3GB. We compose music on top of the science to create a beautiful listening experience for you. Each track is its own brilliant composition, tuned to the Solfeggio frequencies of 432Hz or 528Hz, and layered with environmental sounds and instruments. We want you to enjoy each NuCalm experience, regardless of the outcome you are seeking, from stress management to deep sleep, focus to peak performance.

When is the best time to use NuCalm?

For Sleep and Recovery, we offer Rescue, PowerNap, FlowState, and DeepSleep. The beauty of NuCalm is that it fits seamlessly into your unique lifestyle and daily routine. Whether you're a busy professional, a student juggling classes, or a parent on the go, NuCalm is there to support you, wherever and whenever you need it most.

The best time to NuCalm depends on your individual needs and goals. Morning Rescue or PowerNap sessions can jumpstart your day, while afternoon sessions can serve as a

natural alternative to caffeine. In as little as 20 minutes, NuCalm can help reduce anxiety and quiet your mind.

Focus and Ignite are perfect for mental clarity and peak performance, but avoid using them within 3 hours of bedtime.

How long can I or should I use NuCalm?

For Sleep and Recovery, Rescue, PowerNap, and FlowState tracks range between 20 minutes and 2 hours. You can listen as long as needed, and early sessions may be longer due to accumulated stress and sleep imbalances.

For Focus and Ignite, the tracks range from 13 to 16 minutes and can be looped. Stop listening to Ignite if it makes you feel overly energized, similar to the effect of caffeine.

Where can I use NuCalm?

NuCalm can be used just about anywhere, including beds, airplane seats, office chairs, or even while walking. For Sleep and Recovery, Rescue, PowerNap, and FlowState are best used in relaxed, reclined positions.

Focus and Ignite are more active and can be used while walking, doing chores, or working at your desk.

Can I go to bed with NuCalm?

Yes, DeepSleep and DeepSleep+ are designed for bedtime listening. By playing DeepSleep or DeepSleep+ through a bedroom speaker, you can guide yourself into deep, restful sleep.

What is the best position to use NuCalm?

For Rescue, PowerNap, FlowState, and DeepSleep, reclining or lying down is ideal. For Focus and Ignite, you can listen while seated upright or even while doing tasks like walking or working.

Will NuCalm help with jetlag? Can I use it on a flight?

Yes, NuCalm can improve sleep quality and reset your body's natural rhythm after crossing time zones. Use Rescue on the plane and DeepSleep daily before and after travel to combat jet lag.

Are there any side effects with NuCalm?

NuCalm has an outstanding safety record, with over 2.3 million sessions conducted without any adverse events. Instead of side effects, users often report increased energy, improved sleep, and better focus.

Is NuCalm safe for everyone?

Yes, NuCalm is safe for individuals of all ages, from pregnancy to end of life. Even those with pre-existing health conditions can safely use NuCalm.

The NuCalm Mobile App

Can I use the NuCalm app on multiple devices at the same time?

No, each NuCalm subscription is for one license per subscriber. If you try to use the NuCalm app on two different devices at the same time, the app will not work.

What devices are compatible with the NuCalm app?

Any Apple iOS smart device running on OS 10 or above and any Android smart device running OS 8 or above is compatible with the NuCalm app.

Can I use NuCalm offline?

Yes! If you don't want to use Wi-Fi every time you use NuCalm, or for airplane travel, you can download NuCalm tracks to your phone for offline play. Open the NuCalm mobile app, press and hold the track name or track time within a product, then click on 'Download for offline play'. Ensure you have a strong Wi-Fi signal during the downloading process, as the neuroacoustic software files are very large.