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— Powered By —

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.



Getting Started with NuCalm®

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.

*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.*

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Brain Wave Frequency

Gamma

39 - 41Hz

Beta

15 - 20Hz

Alpha

12 - 8Hz

Theta

7 - 4Hz

Delta

NuCalm Product

Ignite Priming

FlowState

Focus

Rescue

PowerNap

DeepSleep

DeepestSleep

DeepestSleep+

Mental State

High Intensity

Mental Acuity

Creativity & Flow

Recovery & Healing

Restful Sleep

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.

Hold Down on the track to download

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Our Headphone and Speaker Recommendations

Best Over- Ear Headphones



Sony WH-1000XM6
Noise-Cancelling
Headphones



AirPods Max



BOSE Noise
Cancelling

Best In- Ear Headphones



IMORE Quad
Driver
In- Ear
Headphones

Best Bone Conduction Headphones:



Shokz Open Run

Best Portable Speaker:

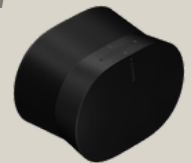
For DeepSleep – Speaker Required



JBL Flip 6



BOSE
SoundLink Flex



Sonos Era 300



Soundcore 3

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.