

[Link to the web store](#)



**Duration:** 15 minutes

**Eyes:** closed

**Headphones:**

recommended

**What is so special about this program?** This program is a short, crisp relaxation program that manages to hit the "reset" button in the middle of the day within a short time. After that, the second half of the day can come calmly: The mental working memory is cleared.

**Who is it best for?** For people who really want to take a break during their already short lunch break and need to switch off for a moment.

**What does this program consist of?** Isochronous beats, the same in both ears, plus soundscapes. It starts in the SMR range around 13 Hertz, then drops to the average alpha value of 10 Hertz within three minutes and remains there for the remaining 12 relaxed minutes.

**When to listen?** Preferably before lunch or immediately afterwards. A quarter of an hour is enough.

**How to listen?** Lean back or lie down as comfortably as possible. Close your eyes, breathe in, breathe out, done.

**What to look out for when listening?** You deliberately forget where you are, who you are, and that it will be over in a moment. If you allow yourself to be carried away, you will experience an extreme expansion of time. The "mini break" then feels very long in retrospect.

**When does an effect occur? How can I recognize it?** After 15 minutes, you will have almost lost track of time. At the end, you will not be woken up, but released into reality in a 10-Hertz state. Please be prepared to need a few more minutes to get back up to full speed. But then you will do so without tiring for a good while.

**How often should I listen?** One 15-minute round per day is ideal. So make sure you have at least one varied weekly ration.

**What can I do wrong?** Not asking colleagues not to disturb you beforehand when you have headphones on, and those strange sleeping goggles to boot...