

[Link to the web store](#)



Duration: 30 minutes

Eyes: closed

Headphones: not necessary, although recommended

[\[Link\]](#) to the info page with the possibility to listen in

What is special about this program? This program is related to the sleep sessions, except for the difference that the goal is not to fall asleep, but to be able to "switch off".

Who is it best for? For people who are in phases where their own thoughts are too loud, too annoying, too exhausting. This can be the case after an argument, after dramas, after private or professional misfortunes, also with jealousy and or other seemingly overwhelming thoughts.

What does this program consist of? Isochronous beats and noise characterize this session. It picks you up in the alpha range of 9.5 hertz and brings you "down" to the Schumann value of 7.8 hertz.

When you reach 7.8 hertz after 10 minutes, you remain at theta level until the end of the program. After that you are calm and "chilled." That's a promise.

When to listen? Whenever it is necessary.

How do you listen? Make yourself comfortable, pay attention to your breathing, and off you go.

How often should I listen? In an acute case, exactly one round. Only twice in a row in an emergency.

What can I do wrong? Keeping your eyes open would be counterproductive. Do not mix with alcohol.