




How to choose a program

Need help with choosing a program?

Select what you wish to focus on today: Sleep, Focus, Relax, Regeneration or Meditation, and based on the time of the day, pick the program of custom frequency you wish to try out.


Higher frequencies are advised to be use in the morning and afternoon time, whereas lower frequencies are suitable for evening and nighttime.

1. SLEEP

 **Morning:** Looks like you need a bit of extra sleep this morning. We recommend lower Theta frequencies or our Improve Sleep for deeper sleep.


- Quick Start:
Improve Sleep

- Advanced Mode:
4 Hz
5 Hz

 **Afternoon:** In for a nap? Try the Lucid Dreaming program or use low Theta frequencies to help you get some sleep in.

- Quick Start:
Lucid Dreaming

- Advanced Mode:
4 Hz
5 Hz


 **Night:** Fall into a deep sleep with our sleeping program, designed to cyclically imitate our brain patterns while we regenerate, or opt for Delta frequencies in the Advanced Mode.

- Quick Start:
Improve Sleep

- Advanced Mode:
1 Hz
2 Hz
3 Hz

Extra Tip: 30 minutes before bedtime, run a Theta Meditation or Deep Relaxation to prepare you for sleep.


2. FOCUS

 **Morning:** Good choice! Get rid of that morning fog and be at your most productive level for the entire morning with Gamma frequencies.

- Quick Start:
**Enhance Mental Capacity,
Focus Meditation**
- Advanced Mode:
**33.8 Hz
40 Hz**


 **Afternoon:** To extend your focus onto afternoon hours, use Beta or Gamma frequencies.

- Quick Start:
**Enhance Mental Capacity,
Focus Meditation**
- Advanced Mode:
**16 Hz
24 Hz
33.8 Hz
40 Hz**

 **Night:** Hm, are you sure about this? It's great to be productive, but it's best to unwind after 6 PM. If you still want to use the NeoRhythm to focus, we recommend:

- Quick Start:
Focus Meditation
- Advanced Mode:
**16 Hz
24 Hz**


3. RELAX

 **Morning:** It's important to know how to relax. Try out the programs or frequencies below:

- | | |
|--------------------------------------|------------------|
| • Quick Start: | • Advanced Mode: |
| Deep Relaxation, | 7.83 Hz |
| Theta Meditation, | 8 Hz |
| Calming & Synchronization | 9 Hz |
| Meditation | 11.3 Hz |


 **Afternoon:** Good choice! Let's unwind together with the frequencies below:

- | | |
|--------------------------------------|------------------|
| • Quick Start: | • Advanced Mode: |
| Deep Relaxation, | 7.83 Hz |
| Theta Meditation, | 8 Hz |
| Calming & Synchronization | 9 Hz |
| Meditation, | 11.3 Hz |
| Mindfulness Meditaiton | |

 **Night:** Running a relaxation session can even help you sleep better. Try out these programs and frequencies.

- | | |
|--------------------------------------|------------------|
| • Quick Start: | • Advanced Mode: |
| Deep Relaxation, | 1 Hz |
| Theta Meditation, | 2 Hz |
| Calming & Synchronization | 3 Hz |
| Meditation, | 4 Hz |
| Quiet Mind Meditation | |


4. REGENERATION

 **Morning:** Are you dealing with physical pain, need to release tension in your body, or just want a boost of energy? Try these programs for immediate relief.

- Quick Start:
Pain Control,
Energy and Vitality
- Advanced Mode:
8 Hz
14.3 Hz
24 Hz
27.3 Hz
33.8 Hz


 **Afternoon:** Get rid of physical discomfort or revitalize your energy levels with these programs and frequencies:

- Quick Start:
Pain Control,
Energy and Vitality,
Focus Meditation
- Advanced Mode:
8 Hz
14.3 Hz
24 Hz
27.3 Hz
33.8 Hz
40 Hz


 **Night:** Here's a selection of programs suitable for evening recovery, without hindering your sleep.

- Quick Start:
Pain Control
- Advanced Mode:
8 Hz
14.3 Hz

5. MEDITATION

 **Morning:** Namaste. We've created meditative modes designed specifically for the morning time.

- Quick Start:
 - Mindfulness Meditation,**
 - Focus Meditation,**
 - Calming & Synchronization Meditation**
- Advanced Mode:
 - 20.25 Hz**
 - 24 Hz**
 - 40 Hz**
 - 50.57 Hz**

 **Afternoon:** Rebalance and restore your inner stillness with our carefully selected meditation sessions.

- Quick Start:
 - Mindfulness Meditation,**
 - Focus Meditation,**
 - Calming & Synchronization Meditation**
- Advanced Mode:
 - 8 Hz**
 - 9 Hz**
 - 11.3 Hz**
 - 20.25 Hz**
 - 24 Hz**

 **Night:** Practice meditation in the evening with deeper, relaxing meditative modes.

- Quick Start:
 - Theta Meditation,**
 - Quiet Mind Meditation,**
 - Open Heart Meditation**
- Advanced Mode:
 - 1 Hz**
 - 2 Hz**
 - 3 Hz**
 - 4 Hz**
 - 24 Hz**