



# Programs Guide

**A complete list of all NeoRhythm's Quick Start programs,  
Advanced Mode single frequencies, and the positions.**

In **Quick Start**, each program contains two frequencies running at two different intensities. The durations are pre-set and so are the intensities and coil positioning.

In **Advanced Mode**, you can choose a single frequency, with customized intensity, duration, and coil positioning.

Below is a guide or our general recommendations for each program or frequency, but please note that your individual experience may vary and you can extend or shorten the duration or frequency of the sessions to fit your needs.

NeoRhythm devices are advised to be used daily and consistently for optimum results.

Each influenced area is marked by a **blue dot**, which represents a general area where to place your NeoRhythm device.

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# PREDEFINED PROGRAMS:

## 1. SLEEP

### 1. 1 Improve Sleep

The Improve Sleep program can be used before sleep to de-stress and unwind, or overnight to maintain sleep.

**Duration:** 20 minutes – 8 hours

**When to use:** 30 min / 60 min 1-4 times a day

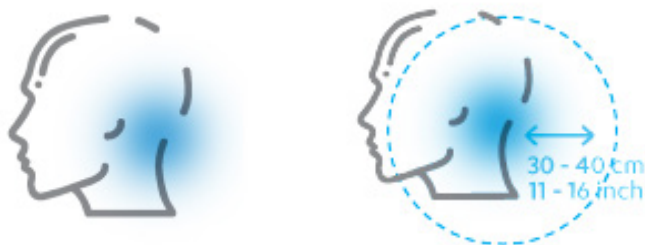
**Avoid:** In the morning

#### **Frequencies:**

Dominant (2.5 mT) 4 Hz (Theta)

Accompanying (0.25 mT) 2.67 Hz (Delta)

#### **Influenced areas:**



Theta brainwaves occur during light sleep and the REM stage associated with dreaming. Delta brainwaves are slow brainwaves produced in deep, dreamless sleep. The brain synchronizes with these frequencies, which creates an optimal environment for the body to enter a night of deep, regenerative sleep.

**EXTRA TIP:** Deep Meditation uses Theta waves and can be a great addition to the Improve Sleep session for a calmer night.

**DON'T:** Enjoying an Improve Sleep session and following immediately with an Energy and Vitality or Enhance Mental Capacity session could diminish the effect of the sessions. We recommend at least 30 min – 1hr breaks in between sessions.

## 1.2 Lucid Dreaming

Lucid dreaming occurs during REM (rapid eye movement) sleep. During a lucid dream, the dreamer may gain some amount of control over the dream characters, narrative, or environment. You can actually train your mind to notice your own consciousness as well, designing a way to regain or maintain consciousness as you enter REM sleep.

**Duration:** 30 – 60 minutes

**When to use:** After waking up, during an afternoon nap

**Avoid:** Before bed

**Frequencies:**

Dominant (0.5 mT) 40.5 Hz (Gamma)

Accompanying (0.5 mT) 0.5 Hz (Delta)

**Influenced areas:**



## 2. FOCUS

### 2.1 Enhance Mental Capacity

Our highly focused consciousness is dominated by the Gamma brainwaves – the maximum alertness frequency band. When Gamma brainwaves are present, we actively look for solutions with uncompromised focus.

**Duration:** 30 – 60 minutes, 1-4x a day

**When to use:** Morning, Afternoon, During working hours

**Avoid:** Before bed, Right after waking up (wait 30 minutes)

**Frequencies:**

Dominant (2.5 mT) 33.5 Hz (Gamma)

Accompanying (0.25 mT) 54 Hz (Gamma)

**Influenced areas:**



**DON'T:** Gamma brainwaves are characteristic of a highly alert, focused state. Enjoying an Enhance Mental Capacity session before bed might affect how you sleep.

## 3. RELAXATION

### 3.1 Deep Relaxation

The Deep Relaxation program induces a predominance of alpha brain waves. Your brain synchronizes with these frequencies, creating optimal conditions for relaxation, which will in turn allow you to de-stress, feel calm, and reach a state of emotional, physical, and mental well-being.

**Duration:** 30 – 60 minutes, 1-2x a day

**When to use:** During the day, In the evening, Before bed

**Avoid:** Before and Enhance Mental Capacity Session

**Frequencies:**

Dominant (2.5 mT) 10 Hz (Alpha)

Accompanying (0.25 mT) 3 Hz (Delta)

**Influenced areas:**



**DON'T:** Deep Relaxation 1-2 hrs before bed followed with an Improve Sleep 8 hours while sleeping can help you get a good night of restorative sleep.

## 4. PHYSICAL RELIEF

### 4.1 Pain Control

NeoRhythm's multi-coil design allows for 360-degree targeted electromagnetic (PEMF) stimulation of any part of the body and provides support such as energizing, vitalizing, enhancement of mental capacity, focus, and meditation. As a consequence of this support, pain relief may follow.

**Duration:** 40 minutes, 1-2x a day

**When to use:** Whenever needed

**Avoid:** Before bed

**Frequencies:**

Dominant (2 mT) 303 Hz (Gamma)

Accompanying (0.25 mT) 12.5 Hz (Alpha)

**Influenced areas:**





## 5. MEDITATION

### 5.1 Theta Meditation

NeoRhythm's Theta Meditation setting emits theta and alpha waves, creating a natural environment for your brain to enter a deeper meditative state. Theta meditation is associated with better brain health, focus, and reduced stress.

**Duration:** 30 – 60 minutes, Infinity Mode

**When to use:** Whenever needed

**Avoid:** Right after waking up

**Frequencies:**

Dominant (2.5 mT) 4 Hz (Theta)

Accompanying (0.5 mT) 10.5 Hz (Alpha)



### 5.2 Calming and Synchronization Meditation

Alpha waves support mental coordination, calmness, alertness, mind and body integration, and learning. They control your mental processes and help you achieve optimal cognitive balance. During this program, NeoRhythm emits alpha waves to deal with stress-induced feelings.

**Duration:** 30 – 60 minutes 1-8+ times a day (no daily limit)

**When to use:** Whenever needed

**Avoid:** /

**Frequencies:**

Dominant (2.5 mT) 9 Hz (Alpha)

Accompanying (0.5 mT) 6 Hz (Alpha)



## 5.3 Focus Meditation

Buddhist meditation on mindfulness with simultaneous high attention and tranquility with the frequency of Low Gamma 33.71 Hz. Voluntary control of attention and cognition. Suitable for those who want to improve their focus, executive functioning, and overall alertness.

**Duration:** 30 – 60 minutes, Infinity Mode

**When to use:** In the morning, During the day

**Avoid:** Before bed

**Frequencies:**

Dominant (2.5 mT) 34 Hz (Gamma)

Accompanying (0.5 mT) 54 Hz (Gamma)



## 5.4 Quiet Mind Meditation

A meditation that leads to spacious awareness and expanded consciousness with an Alpha frequency of 10.12 Hz. Suitable for minimizing your internal monologue and experiencing restful awareness.

**Duration:** 30 – 60 minutes, Infinity Mode

**When to use:** During the day, Before bed

**Avoid:** Right after waking up (Alpha waves are present when relaxed and can help you fall back asleep)

**Frequencies:**

Dominant (2.5 mT) 10.12 Hz (Alpha)

Accompanying (0.5 mT) 4 Hz (Theta)



## 5.5 Mindfulness Meditation

Non-evaluative awareness of the present moment with the Theta frequency of 4 Hz. Suitable for those who wish to take a step back from their thoughts and get in touch with their feelings and sensations.

**Duration:** 30 – 60 minutes, Infinity Mode

**When to use:** During the day, Before bed

**Avoid:** Before bed (Gamma waves can promote alertness)

### Frequencies:

Dominant (2.5 mT) 6 Hz (Alpha)

Accompanying (0.5 mT) 40.5 Hz (Gamma)



## 5.6 Open Heart Meditation

Activation of positive emotional states with a Gamma frequency of 40.5 Hz. Suitable for mood management, becoming more empathetic, present, and kind.

**Duration:** 30 – 60 minutes, Infinity Mode

**When to use:** During the day

**Avoid:** Right after waking up (Theta waves are present in REM sleep and can help you fall back asleep)

### Frequencies:

Dominant (2.5 mT) 4 Hz (Theta)

Accompanying (0.5 mT) 6 Hz (Alpha)



# ADVANCED MODE:

All of our Advanced Mode programs will allow you to choose one individual frequency and modify the intensity, duration, and coil positioning on the device. Find below specifics and Influenced areas for each frequency.

There aren't any duration guidelines when using the Advanced Mode program – allowing you to enjoy a session from 10 minutes up to 13 hours. The guide below will provide you with information on each of the frequency benefits.

For every individual, the optimally effective frequency may vary. We advise you to experiment with neighboring frequencies if the median one does not satisfy you.

Example: If you are feeling distressed, you may want to try the 8 Hz first. And if you are not completely satisfied, use a lower or higher (9 Hz or 7 Hz) frequency.

# Delta

Delta frequencies of 0.5 – 3 Hz are present in our deep, restorative sleep or our deepest meditative states.

## When to use:

- Before bed
- In the evening
- When coping with stress
- During meditation

## The more you know:

- Up to year one, babies spend most of their days in Delta states
- We can observe Delta when in dreamless sleep
- According to research published in 2005, women emit more Delta waves than men
- Delta waves can never go down to zero, as that would mean we become brain dead
- The last state we experience before we die is Delta

## Frequencies to use and influenced areas:

### 1, 2, 3 Hz

Deep relaxation



Deep sleep



Deep meditation



Combatting stressful emotional situations



# Theta

Frequencies of 4 – 8 Hz are present in deeper meditative states, during REM sleep, and in hypnosis. The feeling of reduced consciousness is also related to creativity, the first stage of dreaming or light sleep.

## When to use:

- Before bed
- In the evening
- During the day to enhance creativity
- During meditation

## Avoid:

- In the morning

## The more you know:

- Theta waves are also considered to boost creativity and are accompanied by feelings of inspiration and spirituality.
- When we are in a trance, we are in a theta state. Children when playing video games can get into a similar trance.

## Frequencies to use and influenced areas:

### 4 Hz

Deep relaxation



Deep meditation



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### 5, 6, 7 Hz

Meditation and introspection



Memory enhancement



## 7.83 Hz: Schumann fundamental frequency

Enhances general well-being



For relaxation & tranquility



## Alpha

In an Alpha state, we are awake and present, but physically and mentally relaxed. Between 9-13 Hz, Alpha waves provide an environment where we can be more susceptible to new ideas and open to more possibilities.

### When to use:

- In the morning
- In the afternoon
- During the day whenever needed

### Avoid:

- Before bed

### The more you know:

- In a 2009 study, researchers found that during meditation, Alpha waves are significantly greater in the posterior region than the frontal one. Alpha brain waves are therefore the line between complete rest and alertness.
- When athletes get “in the zone” they are in an Alpha state
- When we admire someone’s charisma, it’s because they are fully present in the moment and most likely in the Alpha state

### Tips on how to get into an Alpha state:

- Meditate
- Close your eyes
- Take deep breaths
- Yoga

## Frequencies to use and influenced areas:

8 Hz

Pain relief



8,9 Hz

For relaxation & meditation



10 Hz

Supportive for the restoration of the physiological balance in the head

To help balance the circadian rhythm



11.3 Hz

For relaxation & meditation



12 Hz

Supportive for the restoration of the physiological balance in the head





# Beta

In the Beta frequency of 13-30 Hz we are actively thinking, alert, present and focused and actively engaged in a task.

## When to use:

- During the day

## Avoid:

- In the evening
- Before bed

## The more you know:

- They are the fastest of the brainwaves.
- Beta waves are divided into three sections; Lo-Beta, Beta, and Hi-Beta; the latter (22-38 Hz are waves of heightened anxiety)

## Frequencies to use and influenced areas:

### 14.3 Hz: 1st Schumann resonance harmonic

Enhances general well-being & the body's ability to self-heal



Relaxation & tranquility



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### 16 Hz

Supportive of the restoration of the physiological balance in the head



20.25 Hz

For meditation



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24 Hz

For meditation & enhanced alertness and vigilance



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27.3 Hz: 2nd Schumann resonance harmonic

Enhances general well-being & the body's ability to self-heal

Relaxation & tranquility



## Gamma

Gamma waves range from 30-100 Hz and are present when we are processing information from different parts of the brain simultaneously – when doing intellectual or highly demanding jobs that require utmost focus.

### When to use:

- During the day

### Avoid:

- Before bed

## The more you know:

- Gamma waves can also be present in psychiatric disorders such as schizophrenia, hallucination, Alzheimer's disease, and epilepsy.
- People with high levels of Gamma activity are considered exceptionally intelligent, compassionate, and have a strong sense of self-control.

## Frequencies to use and influenced areas:

### 33.8 Hz: 3rd Schumann resonance harmonic

Enhances general well-being & the  
body's ability to self-heal

Relaxation & tranquility



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### 40 Hz

Awareness, consciousness, memorizing



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### 48, 50.57 Hz

Meditation

