

How To Sleep Better in 7 Days

Scientifically-confirmed way to improve your sleep with NeoRhythm devices.



Table of Contents

- What is Sleep Hygiene & the types of sleep?..... 4
- What does healthy Sleep Hygiene look like? 5
- How much deep sleep do you need?..... 7
- What can you do about it? 8
- PEMF technology 8
- Can PEMF Help You Sleep? 9
- How can NeoRhythm devices help?..... 9
- How to use it? 10
- Study results 10
- How to Lucid Dream? 11
- How can I use NeoRhythm for Lucid Dreaming?..... 13
- Sources 14

You charge your phone every day, right?

If you don't, your phone runs out of battery, and buzzes with a notification that warns you it'll shut off in 30 seconds. You then run to save your phone's life so you can continue using it, without needing to wait a couple of minutes that seem to last forever.



Your brain is no different!

Your brain needs 7-8 hours of recharge. The only way you can refill the battery of your brain is through sleep. The question is, are you getting enough sleep to recharge your brain well enough to perform at your highest capability?



Does this happen to you?

You wake up, feeling jittery, decide to snooze the alarm “for 5 mins”, and get up with 0 motivation to get through the day? Do you often find yourself reading, and rereading a sentence twice to grasp the idea? Do you find it difficult to stay focused on one task without feeling bored and irritated? Do you feel generally tired at any time of the day, even if you didn't do any physical activity? And worst of all, do you struggle to fall asleep?

Have you answered ‘yes’ to any of those questions?

Then you're not getting the required sleep to charge your device (your brain). That's okay! This is the purpose of this e-book. If you follow the tips laid out in this e-book to the end, you will relax, destress, and finally sleep!

What is Sleep Hygiene & the types of sleep?

- Would you be waking up feeling revitalized?
- Would you be waking up filled with happiness?
- Would you be waking up with so much energy that you leap out of bed and kick off your day to a good start?

That's all possible if you understand Sleep Hygiene.



Sleep Hygiene is all the series of activities and habits you perform throughout the day, that affect the quality of your sleep, according to SleepEducation.org.

Healthy Sleep Hygiene can't put your brain in sleep mode with a push of a button. You need to follow healthy habits and practices for healthy Sleep Hygiene. This short E-book will help you develop better habits to get the sleep you've been longing for.

There are two types of sleep:

- **REM**
- **Non-REM sleep.**

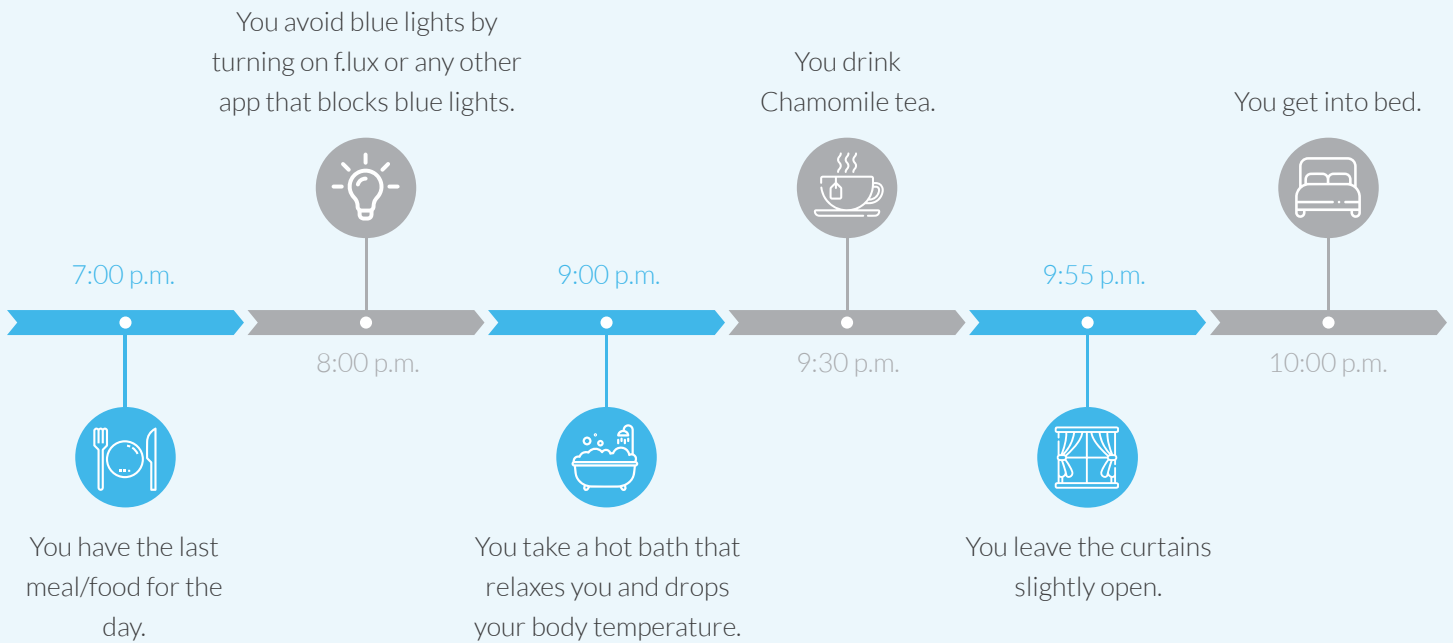
It would be best if you got both in your sleep. REM stands for Rapid Eye Movement, and Non-REM is for Non-Rapid Eye Movement. Your dreams occur during REM sleep. REM Sleep is vital as it activates the parts of your brain responsible for learning, retaining information, and making memories. Non-REM sleep is essential as this is where deep sleep occurs, the one that charges your brain and repairs tissues, and relaxes your muscles.

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What does healthy Sleep Hygiene look like?

Imagine you sleep at 10 P.M. and wake up at 6 A.M.



Why should you do all those actions and make them your daily habits?

Eating 2-3 hours before bed is crucial. It leaves enough time for your brain to avoid spending energy on breaking down food. By doing this, your brain gets a chance to work less.

The device you're currently reading this short e-book on is emitting blue light. This light is harming your sleep quality. The blue light tricks your brain into thinking it's still daytime. Thus, it's not time to fall asleep. That's no problem, though. Set a curfew on when you will stop using devices. Consider using an app called f.lux. Or search the term 'night light' on your computer, and you'll be able to tinker with the

lights and block the blue light, and instead, get an orange-reddish screen color. Take a hot bath 60-90 mins before going to bed.

Taking a warm, hot shower before bed can help you fall asleep 10 mins quicker, according to an article by Healthline.

Having a cup of Chamomile Tea before bed triggers the good, deep sleep that your body so badly desires. Chamomile has been used for centuries to treat anxiety and insomnia. There is a link between Sleep and Apigenin, the natural product in chamomile.

Try to open the curtains a bit. The light coming from the windows will help you wake up naturally to the sunlight. The alarm that goes off in the morning releases stress hormones in your body. The natural sunlight wakes you up gently, with a breeze.



Lastly, get into bed at 10 P.M. sharp, with no exceptions. The best way to maintain healthy Sleep Hygiene is to abide by a strict sleeping schedule firmly. Once it's bedtime, it's bedtime! You get into bed. Over time, this will become a habit, and your body will get used to it, so adapt to sleep at this specific time.

Adenosine vs Caffeine, Alcohol & Nicotine

Your brain releases a chemical called Adenosine that grants you the wish to sleep. In other words, it's like the air traffic controller for directing you to go to sleep. According to Matthew Walker, author of 'Why We Sleep,' you can mute the air traffic controller from telling you when to sleep by Caffeine.



Caffeine battles Adenosine, much like a professional boxer punching a boxing bag. It doesn't give Adenosine a break. Even if your brain is sending you constant reminders to land your body on your bed and sleep. Caffeine has a half-life of 5-6 hours. It would take your body an average of 10-12 hours to completely get rid of the caffeine effects. Having coffee even at lunch break can disrupt the quality of your sleep! Caffeine poses an opportunity cost for all coffee lovers. Caffeine is also present in dark chocolate, some teas, chocolate cakes, puddings, ice cream, and even decaffeinated coffee!



Alcohol has a similar effect. Contrary to popular belief, alcohol won't give you a better night's sleep. In fact, it will make things worse. Alcohol reduces REM sleep and disables your ability to learn and maintain memories.



Nicotine can also have a profound effect on your sleep. If possible, try to avoid smoking to the best of your abilities. One study has found that smokers tend to be light sleepers and have less deep sleep than non-smokers.

Exercise & Diet

You can't have an e-book that preaches about Sleep Hygiene without mentioning the two core words, exercise, and diet. Doing a physical activity 3-4 times a week could help you fall asleep faster. You don't have to run a marathon. You just need to elevate your heart rate for as little as 10 minutes a day, and that would count.

Diet is the back page to exercise. Food can promote sleep. Food that aids sleep includes almonds, plain yogurt, apples, bananas, milk, walnuts, and raisins, according to an article by Healthline.



How much deep sleep do you need?

When you go to bed, you experience several stages of sleep consciousness before you reach your deepest, unconscious sleep. These stages are also responsible for why you can never remember the moment of actually falling asleep. As you are laying in bed, you begin to drift from your awake state into the first stage of sleep. At this point, you are shifting your brainwaves from Beta to Alpha and Theta. The first stage of sleep is shallow and you are easily woken up. You may experience muscle twitches or have strange thoughts and images popping into your mind as you transition from wandering thoughts into sleep.

After a while, you enter the second stage of sleep. Your body's temperature drops – this explains why you often feel cold when falling asleep. Your brainwaves lower in frequency, and your heart rate and breathing slow down.

And then it comes. The deep sleep. During this time your brain and body repair themselves after everything you've brought onto them during the day. Your breathing, heartbeat, and body temperature are the lowest, and your brainwaves are in a Delta state. You are not easily awoken at this stage.

There is also one other stage: the rapid eye movement sleep, called REM. This is when dreams occur. The mind revives the fresh memories from the day before and mixes them with old memories, yielding bizarre visions in your dreams that you all know so well.



What can you do about it?

How to tell when you're not getting enough deep sleep?

Your body will send signals, craving for more Delta time. Insufficient slow-wave sleep can cause a "sleep drive"; throughout the day, you may feel sleepy and fatigued. Your organism will entice you to take a nap, during which your brain will try to get as much deep sleep as possible. Before you ask: no, taking naps won't solve the problem of deep sleep shortage.

If you want to improve your deep sleep, one of the best ways to do so is to take care of your bedtime routine. Try to make your sleep regular, going to bed at a similar time every night. Most importantly, avoid blue light! Blue light is emitted from the screen of your laptop or phone. Research has shown that it disrupts the secretion of the sleep hormone melatonin. The reason is pretty straightforward: our organisms evolved following the cycle of day and night. When it gets darker, your brain receives it as time for rest. Exposing your eyes to blue light sends the wrong message, confusing the sleep-regulating systems in your brain.

Meditation may help calm down your mind after a stressful day, making it easier to fall asleep. Another solution to help you reach consistent deep sleep includes a PEMF device, which can help to entrain the slow-wave Delta rhythm in our brainwaves.



PEMF technology

PEMF stands for **Pulsed Electro-Magnetic Field**. Ongoing research has shown that PEMF can enhance sleep quality. PEMF uses scientific frequencies to 'balance' the brain waves into achieving a state of peace and tranquillity.

A 4-week double-blind, placebo-controlled study on patients found immense improvements in people with insomnia. PEMF could be a non-invasive way to develop healthy Sleep Hygiene further. PEMF offers a breakthrough method in the Neuroscience world and assures all lifelong sleep strugglers of a counter-intuitive way to manage their sleep in a non-invasive way



Can PEMF Help You Sleep?

Sleeping accounts for about a third of a person's life. When we experience sleep deficiency and sleepless nights, it can drastically hinder our quality of life and our emotional and mental states. But is it possible to get a great night's sleep without taking any medication?

While we are asleep our brain functions mostly in the delta and theta frequencies throughout the night. Delta frequencies (high amplitude brain waves with a frequency of oscillation between 0.5 and 4 Hz) occupy about 10% of total sleep time in adults and occur between one to 1 1/2 hours after falling asleep when we are in dreamless sleep. The rest of the sleep time is in Theta (a frequency of 3.5 to 7.5 Hz; scientists class it as a "slow" activity) and for most people with sleep issues, the problem is in not being able to get into Theta. They occur when we are in light and REM sleep.

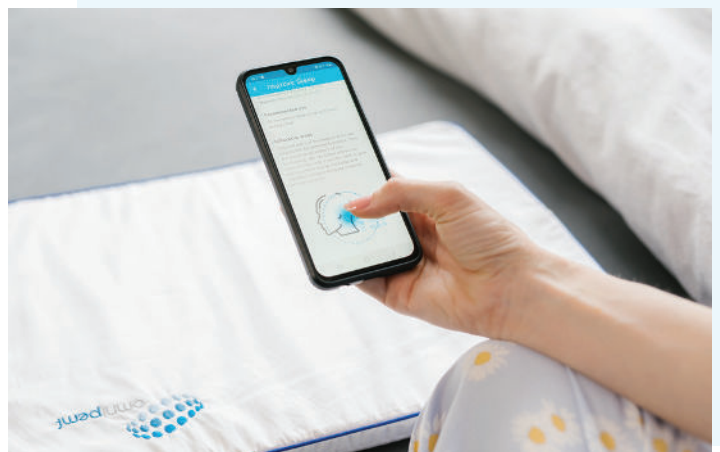


How can NeoRhythm devices help?

When you have difficulty falling or staying asleep, usually that means the normal frequency patterns of the brain are altered. Stress-induced workflow, unexpected occurrences, burning out, or battling a health disorder can all contribute to a lack of good sleep. By mimicking the normal frequency patterns of the brain in the sleeping state, NeoRhythm gently encourages your brain to fall asleep.

NeoRhythm's Improve Sleep program can be used before going to bed to help you fall asleep and to maintain deep sleep for the rest of the night. The dominant emitted frequency is 4 Hz of theta brainwaves (magnetic flux density 2.5 mT). The accompanying emitted frequency is 2.67 Hz of delta brainwaves (magnetic flux density 0.25 mT).

You see, your brain has a specific ability to adapt to external frequencies. It is responding to external stimuli by synchronizing the central nervous system's electrical activity to the rhythmic stimulus. If the rhythmic stimulus is a pulsed magnetic field, your brain can synchronize to the pulsed magnetic field. This synchronization is called "brainwave entrainment".



How to use it?

You may use the Predefined Program Improve Sleep in many different ways.

1. Only using the Improve Sleep 8-hour program for the duration of the night.
2. Improve Sleep 20-minute wind-down session followed by an 8-hour program.
3. Running a Theta Meditation or a Deep Relaxation session an hour before bed, followed by the Improve Sleep program.

It is also recommended that you experiment by placing the device in different places during the night, not just under the pillow. For some, the Improve Sleep program with the intensity of 2.5mT works best if placed further away from their head – on the nightstand or a pillow next to them – as it lowers the intensity that way and provides a more optimal sleeping environment for some. Test out both methods and see what works for you.



In our Custom Frequencies you can choose between Delta (1-4 Hz) or Theta frequencies (4-7 Hz), depending on your sleeping habits and which of those you lack or need more. We suggest trying out a Low-Theta frequency and gradually moving down to the lowest Delta.

Study results



users reported
constant effects



users reported
instant effects

3.7/4

satisfaction score with
using **NeoRhythm for
sleep** disturbances

Study conducted by BION, Institute for Bioelectromagnetics and New Biology, Ltd. "4Q NeoRhythm Research", 2021.

How to Lucid Dream?

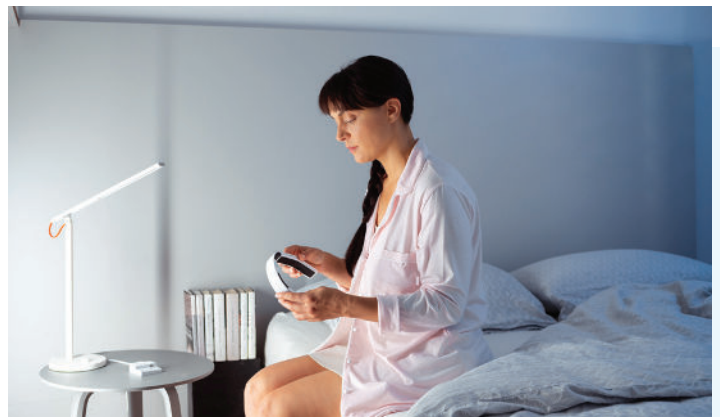
We often go to sleep and take our dreams for granted but did you know they can actually help you overcome fears, stop stressing about nightmares and even heal from past trauma? Lucid dreaming is the way to do that and with a little practice you could be well on your way to great dreams and big benefits.

Have you ever really thought about your dreams? You go to sleep each night and maybe you dream, maybe you don't, right? When you do dream (and remember it) those dreams seem so real sometimes don't they? It's like you were actually there in person, not in your head. The reason for this is that you may be having a lucid dream.

What is a Lucid Dream?

According to Wikipedia, a lucid dream is a type of dream where the dreamer becomes aware that they are dreaming. During a lucid dream, the dreamer may gain some amount of control over the dream characters, narrative, or environment; however, this is not actually necessary for a dream to be described as lucid.

Lucid dreaming occurs during REM (rapid eye movement) sleep. You can actually train your mind to notice your own consciousness as well. When you do so, you are designing a way to regain or maintain consciousness as you enter REM sleep.



How can you remember your dreams?

A dream journal kept by your bed is a great way to keep track of your dreams for future reference. When you wake from a dream, take a few minutes to write down what you experienced. Use as many details as you can so you are clear when you re-read the passage in the future.

What happens in a lucid dream?

Surveys show that roughly 55% of adults have experienced at least one lucid dream during their lifetime and 23% of people experience lucid dreams at least once per month.

In studies that have allowed people to be researched during lucid dreams, the prefrontal cortex activity levels are comparable in a lucid dream to the levels when the person is awake. This is sometimes referred to as a hybrid sleep-wake state.

People have said that a way they test out if they are in a dream or not is by pushing their hand on a hard surface and seeing if it goes through the surface. If it does, they know they are in a dream state and not reality.



So why do people want to experience lucid dreams?

The most common reasons include wish fulfillment, overcoming fears, healing and even overcoming fear and distress associated with nightmares. For instance, in lucid dreams you may voluntarily fly, experience freedom from body weight, which may also have psychologically cleansing effects.

By helping your mind to go into a lucid dream state you are able to be in your dream and have some control over the outcomes that occur. That is the reason this state is so powerful in healing from trauma, helping you get past fears and even helping you manifest the things you wish for to become reality.

According to the International Journal of Dream Research, "Lucid dreams are often contrasted with ordinary non lucid dreams assuming that these two types of dreaming are categorically distinct states of consciousness. On this view, non-lucid dreams can be described as a uniform state of cognitive deficiency, often also termed the single-mindedness of dreaming. In contrast, lucid dreams are often held

to differ from non- lucid dreams not just because the dreamer realized that she/he is currently dreaming, but also because of the high, wake-like level of cognitive and mnemonic functioning. The dissociation between two different dream states was found to be based on the difference between two brain states. Lucid dreams are characterized by a high gamma frequency of 40 Hz and higher activity of the frontal regions than in non-lucid dreamers.



How do you wake up from a lucid dream?

One of the questions you may have going into this experience is how to get out of it, especially if you are new to this.

Some ways people have woken from lucid dreams include going to sleep in the dream or reading a book in the dream. Both are ways to bring yourself back to the present.

This may be something you want to do more of as you are getting used to the experience so it is helpful to know that going in.



How can I use NeoRhythm for Lucid Dreaming?

Lucid dreaming most often occurs in the morning or while taking an afternoon nap.

It may sound a bit cumbersome or annoying, but the best way to stimulate lucid dreaming would be to use the NeoRhythm's Quick Start Lucid Dreaming session one hour before you usually wake up (set at 60 minutes). If you would like to use the device during your afternoon nap, you should turn on the

NeoRhythm's Lucid Dreaming program for 30 or 60 minutes, just before resting.

Since the position is frontal we advise you to keep the NeoRhythm on your head while lying on your back. If this is not possible, you should keep it as close to your head as possible.



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