

How to Use:  
Brain.fm for Focus



Brief Instructions



# When to use Brain.fm

## Focus



Working



Studying



Reading



Creative work



# For Best Results Use:



## High quality headphones



We Recommend:

Model type:

JVC HAEB75B  
(\$8)

Available on:





# Just begin!



Once the music has started, simply start working on whatever you wish.

The session will do the rest!

## Tip:



It is important to note that the effects of brainwave entrainment last even after the session, so feel free to stop at any time.



# Find a Comfortable Volume



It is only important that you hear the sound clearly. If you are in a noisy environment, a slightly higher volume may be necessary, but it should not be uncomfortably loud.

Why?



If the volume is too low, there is a much higher likelihood for poor results



# Answers to Common Questions



If you find the music distracting, simply turn down the volume. This will not impact it's performance as long as you can still clearly hear the sound.



To many people the experience of extreme focus is not a familiar feeling. For some this manifests as tingling sensations, or pleasant light headedness, or a feeling of being dissociated with your environment. This is perfectly normal.



# Answers to Common Questions



Mental fatigue? Some people may find that if they listen to Focus sessions too long they will start to feel mentally fatigued. It is simply a matter of finding your own unique balance. Some people will be able to listen to the sessions nonstop as long as they wish, while others should only use it for a half hour or so.

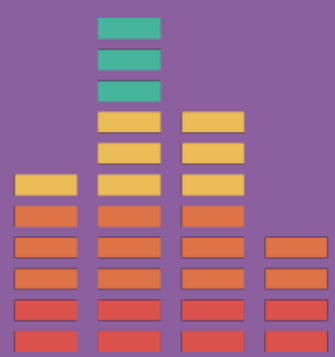


Although rare, some people may find a headache when using especially intense sessions. This is due to increased blood flow and metabolism in the brain and is taken by experienced entrainment users as a good sign. Staying hydrated is the best way to counteract this, and it will go away the more you use Brain.fm



# Pro tips for Enhanced Results

## 1 Listen to at least 15 minutes



Listen to at least 15 to 30 minutes for experiencing noticeable results in your mental state. You will begin to notice getting 'into the zone'

## 2 Integrate into your Routine



We've found incorporating brain.fm into your existing routine makes it into a habit, reaping the best results.

Example, using the focus sessions every morning with your coffee or tea when getting started with work. This starts your day by getting 'into the zone' and knocking out big projects for the day.





# Last...

Enjoy it!



The session will not only focus you, but will put you into a 'flow' like state. Where you may become more creative, drown out distractions, notice time flying away, and achieve a pleasant sense of satisfaction from being productive for many hours.



*Fin*