

# FOCUS & STUDY

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## USER GUIDE

**Thank you for your support! 😊**

Here are some tips to help you get the most from your purchase.

### **General Study Tips**

Are you feeling anxious about that big exam coming up? It can be extra hard to study when there's a monkey on your back. I always advise students to **do the included body scan exercise** before every study session.

You might be tempted to study for 3 straight hours, but be nice to your brain! You may find yourself most effective by **working for a max of 90 minutes**, then resting.

After your study session, remember that you've got a whole body that also needs attention! Take 20 to 30 minutes for yourself, and **give your brain some space**.

Have a meal, take a walk, do some exercise, or even take a power nap.

The best way to ensure memory retention (moving memories from short-term to long-term storage) is to **use the power of sleep spindles**. These appear in power naps of 15 to 35 minutes, and during stages 2 and 3 of your night-time sleep. Any of my night-time sleep tracks will help bring your brain into these zones.

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### Listening Tips

1. **You must wear headphones!** Binaural beats do NOT WORK without them. Listening with phone or tablet speakers will not produce the desired results.
2. **You can use any headphones (earbuds, earphones, etc.)**  
Wired or wireless, expensive or cheap. It doesn't matter.
3. **Disable any audio filters** on your devices (effect modes, surround enhancers like Dolby and DTS, bass boost, etc.) as they will interfere with proper audio playback.
4. **Keep the volume low (20-40%).** It should be juuust loud enough to hear the pulsating sound. Cranking the volume up won't change your state any faster, and will only damage your hearing. The vocal prompts near the end of the study tracks should NOT be loud or scary! If they are, you have the volume too high.

### Track List

1. **Body Scan Intro**  
A short one-time listen, to help you get the most of the body scan exercise.
2. **Body Scan Exercise - 17 minutes**  
Simple but effective for helping your mind relax, getting oxygen deep into your body and dissolving those anxious feelings so you can focus on the task at hand.
3. **Focused Studying (14 Hz to 10 Hz) - 30, 60 and 90 minutes**  
Designed to keep you focused with a pattern that shifts regularly to help prevent brain boredom. Includes volume check and some pro tips at the end. The beats here are much quieter to ensure optimal volume balance with vocals.
4. **Focused Studying (14 Hz to 10 Hz) - 3 tracks (beats only, no vocal prompts)**  
For frequent users, I've included alternate versions of the study tracks without the volume check, 2-minute warning or alarm at the end.
5. **Deep Focus (14 Hz to 8.1 Hz) - 30 and 60 minutes**  
This track is designed to bring you as deep as possible while still staying within the aware Alpha range. You can use this any time you need to "just concentrate!"

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### Questions, Concerns or Requests

I'm here for you any time! [jody@jodyhatton.com](mailto:jody@jodyhatton.com)

### Disclaimer

Personally, I don't recommend using binaural beats for more than 90 minutes a day ... but I know there's nothing I can do to stop you if you're really determined to use them for a full day. Just promise me you'll stop if your brain starts to hurt!

I'm not a doctor, just a nerd who loves meditation and experimenting with new things. I test every binaural beat track on myself and make sure I'm happy with the result before I make it public. Ultimately, every person is going to have their own unique experience. Using these tracks is done at your own risk -- if you start to experience any negative effects, STOP using them!

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