

REBOOT



USER GUIDE

Thank you for your support! 😊

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

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 alarm at the end of the nap tracks should NOT be loud or scary! If it is, you have the volume too high.
5. **The “Wake Up!” track** also includes a video (MP4) that you can stare at first thing in the morning to help stimulate your brain more quickly.
6. **The “Power Nap” tracks** should be used between 12:00 and 16:00 (4 PM). Napping later than 16:00 may disrupt your regular night-time sleep.

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Track List

1. **Power Nap (14 Hz to 6.7 Hz) - 5 to 35 minutes (7 files)**

Better than coffee! 7 different lengths to help you find the right duration for you. There is a gentle alarm and brief exercise at the end to help you wake up.

2. **Power Nap (14 Hz to 6.7 Hz) - 5 to 35 minutes (7 files, beats only, no alarm)**

By popular request! Exactly the same as the standard versions, without any bell or voice at the end. You take responsibility for setting your own alarm! 😊

3. **The Wakey Bell (3 files)**

For those of you that want to make sure you really get up after your nap, this package includes extra alarm sounds you can add to a playlist:

- * **Wakey Bell** (just the bell, with no vocal exercise)
- * **Wakey Bell Louder Volume** (just the bell, a little bit louder)
- * **Wakey Bell and Exercise** (standard version with bell and vocal exercise).

4. **WAKE UP! (8 Hz to 27 Hz) - 20 minutes (MP3)**

Brings you from the relaxed waking Alpha state to the active mid-Beta state.

5. **WAKE UP! (8 Hz to 27 Hz) - 20 minutes (MP4)**

According to [this paper](#), the color orange (specifically light with a wavelength of 589nm) produces the highest level of brain stimulation. You can stare at it first thing in the morning to help you get out of bed, or use it after your power naps. (You don't have to watch the entire thing - turn it off whenever you feel ready.)

<https://www.pnas.org/doi/full/10.1073/pnas.1320005111>

Which track does what?

My researchers have identified the following benefits associated with power naps.

Naps of 6 to 10 minutes: increased alertness; 15 to 20 minutes: improved memory with sleep spindles; 25 to 30 minutes: extra energy; 35 minutes: full restore.

With naps longer than 35 minutes, there's a risk of dipping into deep slow-wave sleep, which can sabotage your ability to fall asleep at night.

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Questions, Concerns or Requests

I'm here for you any time! jody@jodyhatton.com

Disclaimer

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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