

## DELIGHT PRO SESSIONS

### Energize

General description

1 **SMR** 24 min 14Hz

Used to achieve relaxed attention.

2 **Beta 1 – Sharpen the Mind** 20 min 19-21Hz

A great way to get going in the morning without caffeine. This session helps reduce ADD and SAD symptoms. May cause anxiety.

3 **Beta 2 – Sharpen the Mind** 20 min 20-23Hz

Like Beta 1, but with a higher target frequency range. May give a more energizing or intense feeling.

4 **Mental Flexibility** 22 min Variable

To “loosen up” a stuck mind. Can also be used for fibromyalgia.

5 **Roller Coaster** 7 min Variable

This action-packed session is very engaging. Some with ADD can benefit.

### Meditate

General description

1 **“Wise Guy” Alpha** 30 min 10.6Hz

It has been shown that people with fast running alpha waves have higher than average IQs.

2 **Coffee Break Alpha** 15 min 10Hz

Great for a little rest during your coffee or lunch break.

3 **Alpha Relaxer** 30 min 10Hz

Healthy alpha is 10 Hz. Most disorders have alpha slowing. This session reestablishes the natural alpha rhythm. Good for beginners.

4 **Schumann Resonance** 22 min 7.8Hz

For a quick, thorough afternoon meditation. Calms “hyper/chatter” minds. For those on the go.

5 **Theta** 36 min 5.5Hz

Use for creative visualization. May also be used for sleep.

### Brain Brightening

General description

1 **SMR for Reading** 20 min 13.5-15Hz

Use with a set of Tru-Vu Omniscreen Viewhole eyesets (*sold separately*) to improve attention and alertness while reading.

2 **SMR/Beta** 24 min L 13.5Hz  
R 18Hz

A gentle and entraining session that helps to focus mental functioning and memory.

3 **Brain Brightener** 30 min L 14-10Hz  
R 19-10Hz

Use to improve mental functioning and memory. Based on Budzynski’s study. Similar to ADD and Learning, but with gentler transitions. Useful for seniors and those with ADD.

4 **ADD and Learning** 26 min L 14-10Hz  
R 19-10Hz

This session has rapid transitions for mental stimulation to help keep the user "engaged" in the session. Used in the ADD study published in the Journal of Neurotherapy.

**5 Skill & Sports Development** 24 min 7.8-18Hz

Use this session to develop any skill or improve performance. Visualize feeling your best during the first half (alpha). Then visualize your perfect performance during the second half (beta) of the session.

## Sleep

General description

**1 Schumann for Sleep** 40 min 7.8Hz

For effective deep meditation and to improve the onset of sleep. Calms "hyper/chatter" minds. Ideal for those with insomnia who have a busy mind and tense body.

**2 Meditate to Sleep** 45 min 8-3Hz

Meditate, visualize and think soothing thoughts during the first half (8Hz); fall asleep during the second half (3Hz).

**3 Alpha/Theta for Sleep** 36 min L 10Hz  
R 6Hz

This session can really help to break up distressing thoughts that are interfering with sleep.

**4 SMR for Sleep** 40 min 14Hz

Use to improve sleep for those who have insomnia due to a "racing" mind but relaxed body.

**5 Delta** 45 min 3.5Hz

To aid with falling asleep. Best for those with fibromyalgia.

## Feeling Better

General description

**1 Mood Booster 1** 30 min L 10Hz  
R 18Hz

Settles down negative emotions from the right brain while stimulating the left brain to rebalance alpha asymmetry.

**2 Mood Booster 2** 42 min L 10Hz  
R 18Hz

This session has an alpha front end to reduce anxiety and enhance relaxation.

**3 Sub-Delta** 24 min 0.5-1Hz

Mildly dissociating. Calms the hypothalamus. Beneficial for some with fibromyalgia and hypertension.

**4 Extended Deep Alpha Relaxer** 80 min 8.4Hz

Stay relaxed for your dental, massage, physiotherapy, chiropractic and other appointments.

**5 Paradise** 36 min 6.5Hz

A gentle slide down to Theta. Extraverts with low anxiety produce high levels of this frequency.