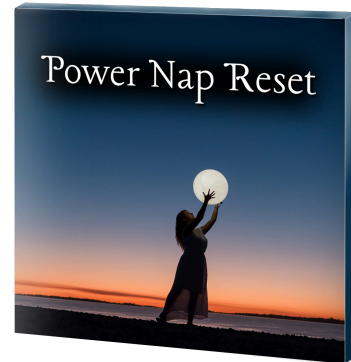


# Power Nap Reset

## Info & Instructions

A “power nap” isn’t just a midday snooze. It’s a proven way to reset and recalibrate your brain!

Within just a few minutes a good power nap can sharpen your focus, improve clarity, regulate your mood, and regain your energy.



And now you have a way to enjoy the benefits of the “perfect power nap” with Power Nap Reset!

This 26 minute-long audio soundtrack is optimized to guide your brain through a refreshing nap leaving you feeling ready to take on anything.

You can use *Power Nap Reset* any time you want to feel clearer, calmer and more energized. And because this track is engineered to bring you back to high alpha at the end, you can use it during the day and return to life feeling alert, not groggy.

**Here are a few simple, high impact ways to work it into your day:**

*Use it as a midday reboot.*

When you feel your energy dip, listen once and come back with a steadier mood, cleaner focus and more motivation.

*Use it as a stress rinse.*

If your nervous system feels overloaded, this is a fast way to let the

pressure drain off, so you stop carrying the stress of the morning into the afternoon or evening.

*Use it before an important moment.*

Presentations. Hard conversations. Creative work. Parenting. If you want to show up with more patience, clarity, and presence, this is an easy way to reset your state first.

*Use it instead of "doom scrolling."*

When your brain wants a break, give it a break that actually restores you.

*Use it to protect your evenings.*

Sometimes the day drains you so much that you have nothing left for the people you love. A single reset can help you reenter your evening with more energy and a better mood.

### **Listening Instructions:**

- Listen with stereo headphones or earbuds
- Listen anytime of day, up to three times a day
- Listen with eyes closed in a low-distraction environment
- Listen at a comfortably low volume level