

# Nitrofocus <sup>TM</sup>



ENHANCED PRODUCTIVITY

SHARPER FOCUS

IMPROVED STUDY RESULTS

INCREASED OUTPUT



## USER GUIDE

# WELCOME TO NITROFOCUS!

---

You've made a great decision to try out Nitrofocus for yourself.

You're going to be amazed at how this powerful tool can help you sharpen your focus, boost your productivity, enter into 'The Zone', become more motivated, and effectively get more done in your life, in less time.

This guide provides an overview of the entire program, designed to help you get up-and-running as quickly as possible. So read on, dive in, and get started!

## QUICK START – READ ME!

---

Okay, so you've decided to try out Nitrofocus to blast through your TODO list and get more done. That means the last thing you want is to spend forever reading this user guide – right?

Then let's get you started with the essentials right away.

Nitrofocus is an audio program that uses special 'sounds' to influence your brainwaves, putting you into a state of ultra-focus in just minutes. It's built on over 100 years of scientific research, and proven to get you into 'The Zone' within just minutes of listening.

And it's easy to get started.

All you have to do is download one of the five main Nitrofocus sessions. That is, Nitrofocus Classic (available to all customers), or Nitrofocus Digital, Nitrofocus Easy, Nitrofocus Workout, or Nitrofocus Ocean (available to VIP customers only).

Each is available as a 60-minute MP3 file that you can listen to on your PC, stereo system, iPhone, MP3 player, or other device.

When you're ready, just play the session like you would any normal music file.

Listen at a comfortable volume. You can listen with or without headphones. You can also listen to the session on repeat for as long as you deem fit.

Within minutes of listening, you'll find your brain automatically "latches on" to the special frequencies within the Nitrofocus session.

You'll feel your mind suddenly begin to sharpen. You'll automatically block out distractions, quieten mind chatter, and quickly find yourself in 'The Zone' – ready to blast through whatever you have in front of you.

Rocket through your inbox, blitz your TODO list, storm through your daily work in minutes, revise for exams at record pace, write page after page effortlessly – even whiz through house chores quicker than ever.

Just by listening, time flies, and you'll quickly get more done than you ever thought.

During the first few listening sessions, the sounds may seem unusual. Don't worry: just let it pass. You'll soon find that your brain gets used to the sounds and its effects.

You can also listen on repeat. Many users simply play their favourite Nitrofocus session on loop during their working day, very often quadrupling the amount of work they're able to output!

So that's all you need to know to get started.

Click play – and watch yourself get super-focused, automatically.

Of course, there's actually much more to the program. There are five main Nitrofocus sessions, plus seven supporting sessions (such as "10-Minute Break" and "Anxiety Reducer"). It's also backed by some fascinating science. We highly recommend that you read the rest of this guide to get the most from the program.

But that's all you really need to know to get started right now. Just play one of the main MP3 sessions while you work. So, dive in, get listening, and happy Nitrofocusing!

**NOTE:** Read our disclaimer before getting started. Not suitable for epileptics. Check

<http://support.brainev.com/fda-disclaimer>



## WHAT IS NITROFOCUS?

---

Nitrofocus is a powerful collection of MP3 audio sessions, each designed to assist you sharpen your focus and get more done.

It's used by professionals to help them work both smarter and faster. It's used by people who want to zip through house chores in half the time. It's used by students who want to improve their results. It's used by writers that want to settle in front of the keyboard and let the words pour out effortlessly.

Nitrofocus works to dramatically improve your focus, enabling you to quite simply blast through any task, without all of the usual mental chatter, distracting thoughts or motivation-zapping feelings that typically slow you down.

Imagine when you were last in a state of absolute focus and concentration. When you were in 'The Zone'. When things just flowed, and you got through everything so much quicker than you

ever thought possible. That's what it's like to use Nitrofocus.

Just hit play and listen while you work. That's all there is to it.

Nitrofocus consists of 5 main focus sessions, of varying styles, to match the mood you're in. It also contains 7 extra supporting sessions, such as a 10-minute break session, and a session for reducing anxiety while keeping you focused, ahead of a big meeting or exam.

Before delving into these sessions, let's take a moment to look at how Nitrofocus actually works.

## HOW DOES IT WORK?

---

Nitrofocus works by tapping into a science known as “brainwave entrainment.”

Brainwave entrainment is a branch of science that has been actively studied for over 100 years. It shows how external stimuli (such as sound) can influence your brainwave patterns, and bring about states such as relaxation, sleep, or focus.



Let's briefly explore the science behind it all.

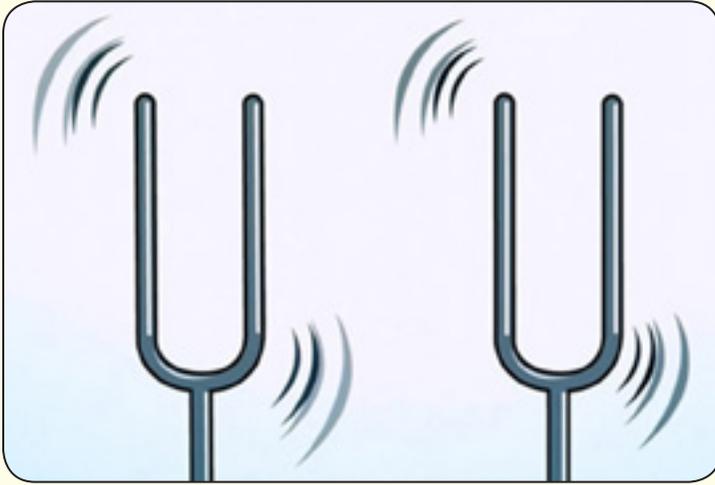
Your brain cells talk to each other using little spikes of electricity. All this activity generates a mild electrical field, which can be read using an EEG machine. This electrical field is detected as a frequency level in hertz (Hz), and is a good indicator of what state of mind you're in.

For example, when your brainwave frequency reads 0.1 to 4Hz – also known as Delta – you're typically in a deep, dreamless sleep. When you're 4 to 7Hz – known as Theta – you're typically deeply relaxed, in a meditative state, or possibly in the light stages of sleep.

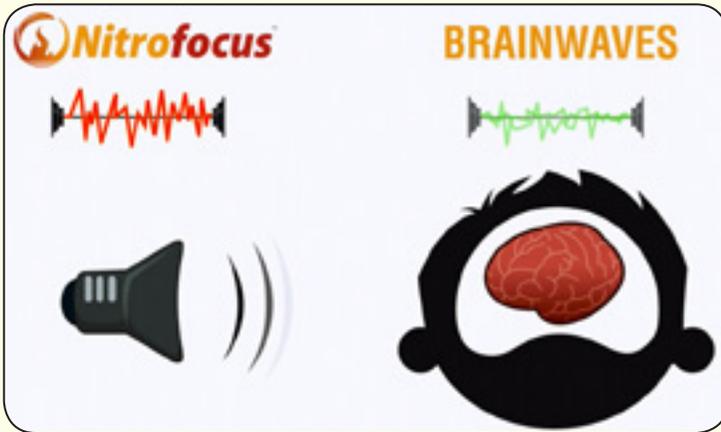


Now, these brainwave frequencies can be influenced using sound.

Imagine you strike one tuning fork, and hold another tuning fork next to it. The second tuning fork starts vibrating at the same frequency as the first. It plays “follow the leader.”



That’s just what the brain does. Expose it to a simple audio file containing a particular frequency (ie, beats per second) and it will follow (‘entrain’ toward) that frequency.



So, expose your brain to a 4Hz Theta frequency, for example, and it'll copy that frequency – helping to induce a state of deep relaxation.

Years of scientific research and EEG readings have also shown us the specific frequencies (and patterns of those frequencies) that help increase focus levels.

Key Beta and Gamma frequency patterns have been proven to help bring about states of heightened focus, super concentration, and massive productivity.

By embedding these special frequency patterns into audio, the Nitrofocus team are able to create MP3 sound files that can help you get more done,

increase focus and concentration, improve study results, become motivated, and so much more.



All you have to do is play the Nitrofocus MP3s in the background while you work. Your brain begins following these patterns, inducing sharper focus and concentration levels, within minutes.

All of the sound frequencies are mixed with (or embedded within) backing tracks, so you generally won't be aware of the sounds. The actual audio may sound a little distorted to the refined ear: however, it's simply the entrainment audio shimmering through.

Nitrofocus is the only brainwave entrainment program of its kind to encourage such powerful

and heightened levels of focus, quickly and easily – using a dedicated series of focus MP3s.

That's a very brief overview of the science behind brainwave entrainment, and Nitrofocus in particular. To learn more about brainwave entrainment, visit the free Brainwave College website at

<http://www.brainwavecollege.com/>

## HOW DO YOU USE IT?

---

Using one of the main Nitrofocus MP3 sessions couldn't be easier.

Just play the session while you do your stuff. You can play it through your PC speakers while you work, or on your iPhone (with headphones preferably) while you study, or on your home sound system while you do the chores.

Don't use tinny laptop speakers to play the sessions. They won't deliver measurable results. Instead, grab yourself a pair of decent \$20 external speakers.

You can also use bone conduction headphones with our sessions. This delivers the entrainment direct to your brain, while still keeping your ears free to take telephone calls or continue to experience other environmental noises.

When you've got your headphones/speakers ready to go, just play the MP3 file.

Play at a comfortable volume, with or without headphones. You don't need to close your eyes.

Then – just start working!

You'll feel the results of the session start to kick in after several minutes. Your focus will sharpen, you'll start blocking out external distractions and mental chatter, and you'll become absolutely zoned in to the task at hand.

When you're that engrossed, hours can fly by without you even realizing. You can also find yourself achieving a days' worth of work, all within minutes. The power of your new-found focus will astound you!

Each main session lasts 60 minutes, however they've been designed so you can listen on repeat for as long as you desire. Try not to listen too late at night, in case you disturb your sleeping patterns.

The more you listen, the better the results. Your analytical mind may initially find the noises a little unusual, and try to resist the entrainment. This will subside within a few listening sessions however, and you'll soon be fully enjoying the incredible

results that Nitrofocus delivers. Just relax and let the technology do its work.

There are also several other supporting sessions in the Nitrofocus bundle. Check the individual session listings later in this guide for full information on how to use these.

## WHO SHOULDN'T USE IT?

---

There is a very specific list of people who shouldn't use Nitrofocus. This includes those who have epilepsy. It is important that you read our full FDA disclaimer and precautions here:

<http://support.brainev.com/fda-disclaimer>

## THE NITROFOCUS SESSIONS

---

Nitrofocus consists of 5 main focus sessions, each designed to match your mood. They all perform the same effective job of heightening your focus and helping you get the job done. You just decide on which suits you best at that moment.

For example, when you're at the gym, you might want to use Nitrofocus Workout. Or when you're writing your weekly newspaper column, you might opt for Nitrofocus Digital.

The program also contains 7 supporting sessions – such as the “5-Minute Break” session, and the “Memory Commit” session. These are designed to help you further enhance your Nitrofocus experience, and can be used as you desire.

Let's explore the sessions now.

# THE MAIN NITROFOCUS SESSIONS

---

There are five main Nitrofocus sessions.

They each do the same job of heightening focus and enabling you to get more done in less time. Yet they come in five different flavors, to match your mood.

Each session lasts for 60 minutes. You can listen to each on repeat, for as long as you desire.

**TECHNICAL DETAIL:** Each main Nitrofocus session contain low to mid Beta frequencies, designed to increase concentration and focus for long periods of time, such as when working or studying. The frequencies modulate between 13 to 15Hz in two-minute increments over a period of 60 minutes.

Here are the sessions you can choose from:



## NITROFOCUS CLASSIC

Our most popular and the most powerful!

**SOUND STYLE:** Immersive! Rapidly pulsating tones against a fuzzy background.

**SAMPLE USES:** Anything! Whenever you need to rocket your focus – from clearing your inbox to blitzing your TODO list.

**LENGTH:** 60 minutes

**CAN BE PLAYED ON REPEAT:** Yes

This is our most popular Nitrofocus session. It also provides the strongest entrainment in the entire Nitrofocus range.

It uses something called 'isochronic tones' (which are a series of tiny pulses, played dozens of times per second) to help influence your brainwave patterns.

The calming 'brown noise' in this session helps block out background noise, and is great for those working in busy areas or environments.

This session can be listened to on its own. It can also be listened to alongside other music if you desire, so long as the main session is still played at a decent volume.

**TECHNICAL DETAIL:** This session uses strong, square-wave isochronic tones to deliver its entrainment, smoothed out with amplitude-modulated brown noise. Brown noise is mathematically generated noise, and sounds like ocean waves or strong wind. It's great to use while working or studying, as it helps to naturally mask and minimize external noises and distractions.



## NITROFOCUS DIGITAL

**SOUND STYLE:** Upbeat, artistic – and eclectic.

**SAMPLE USES:** Creative focuses, such as brainstorming, painting, drawing.

**LENGTH:** 60 minutes

**CAN BE PLAYED ON REPEAT:** Yes

This is another very popular Nitrofocus session, incorporating positive, creative music, with plenty of strings, beats, electronic tones, even vocals. The music was specifically created by composer Andrew Faust to help keep you focused and alert.

It is layered with entrainment, using a technique known as 'amplitude modulation'. This means the entrainment is actually embedded into the audio itself, as an applied effect rather than an external sound source.

If you're listening closely, the audio may seem a little 'wobbly' the first time you listen. That's just the embedded entrainment. Don't worry, you'll soon habituate and stop noticing it completely.

**TECHNICAL DETAIL:** This session uses specially-composed music, designed to help increase focus and act as a carrier for brainwave entrainment tones. It uses amplitude modulation to embed its entrainment directly within the music itself, meaning this session does not contain external isochronic tones.



## NITROFOCUS EASY

**SOUND STYLE:** Upbeat, light-hearted guitar strings. Foot-tapping background music.

**SAMPLE USES:** Reading, studying, learning periods.

**LENGTH:** 60 minutes

**CAN BE PLAYED ON REPEAT:** Yes

This session contains three relaxed, uplifting and catchy guitar rhythms that you'll be humming all day long. It progressively builds in its style, and yet is repetitive in nature – meaning you can enjoy the music while not having to focus on it.

It uses 'isochronic tones' and 'amplitude modulation' to deliver its brainwave entrainment.

If you're listening closely, the audio may seem a little 'wobbly' the first time you listen. That's just the embedded entrainment. Don't worry, you'll soon habituate and stop noticing it completely.

**TECHNICAL DETAIL:** This session uses square waveform isochronic tones, presented over a perky guitar mix. It also uses amplitude modulation to diminish the effects of any competing beats. The guitar mix uses three core tracks, each of which contain a repetitive rhythm, yet build up over the course of each 6/7 minute block.



## NITROFOCUS WORKOUT

**SOUND STYLE:** Super high-energy Ibiza workout mix!

**SAMPLE USES:** Gym workouts, house cleaning, building projects, high energy focus sessions.

**LENGTH:** 60 minutes

**CAN BE PLAYED ON REPEAT:** Yes

This session will have you eager to get up and go! An energetic, funky nightclub soundtrack designed to uplift and energize.

It uses 'isochronic tones' to deliver entrainment in the background, and 'amplitude modulation' to enhance results still further. This may make the track sound a little 'wobbly' on first listening. Don't worry, you'll soon habituate and stop noticing it completely.

**TECHNICAL DETAIL:** A powerful hardcore backing track. Contains isochronic tones in the background, and amplitude modulation masked into the main audio track, reducing the competing beats inside the core thrust of the audio.



## NITROFOCUS OCEAN

**SOUND STYLE:** Gentle, relaxing ocean surf sounds, with spa music.

**SAMPLE USES:** Writing, researching, planning.

**LENGTH:** 60 minutes

**CAN BE PLAYED ON REPEAT:** Yes

This is a great session for when you want to relax into your focused work. Contains a genuine soundtrack of eternal ocean waves, splashing against the shoreline, mixed with etheric, relaxing spa-like backing music.

Like the preceding three sessions, this utilizes both 'isochronic tones' and 'amplitude modulation' techniques to deliver its entrainment results.

**TECHNICAL DETAIL:** The soothing ocean waves act as a form of brown noise, helping block out background noise. The gentle, overlaid music helps maintain interest and focus, while remaining completely unobtrusive. Isochronic tones are used in the background of this session. Amplitude modulation is also used directly on the main ocean and music tracks.



## HOW DO I KNOW WHICH SESSION TO LISTEN TO?

This is absolutely down to how you feel in that moment. Briefly listen to each MP3, so you can decide what suits your mood best.

If you're at the gym and feeling energetic, try the Workout Mix. If you're working late at night and want something a little more sedate, try the Ocean Mix.

Remember, all of the main Nitrofocus sessions do the same job of rocketing your focus levels. They just use different musical styles to deliver the results.

If you're unsure, listen to Nitrofocus Classic. It's our most popular (and powerful!) session for a reason!

You can even play Nitrofocus Classic with a little of your own music playing in the background if you desire, if none of the existing mixes suit your mood.

# SUPPORTING NITROFOCUS SESSIONS

---

There are also seven bonus Nitrofocus sessions, designed to help support your work and further increase your productivity.

For example, if you spend your entire morning working hard on that manuscript, you might just want to enjoy a little break. The “10-Minute Break” MP3 can help with that, assisting to rebalance your brainwave patterns, and bringING a little reprieve from your heightened levels of focus.

Here are the bonus Nitrofocus sessions, and details on how to use each of them:



## 5-MINUTE BREAK

**LENGTH:** 5 minutes

**REQUIRES HEADPHONES:** No

Whenever you need a mental break from your work, switch on this session for five quick minutes.

Just close your eyes, take a few deep breaths, and relax while listening. Don't concentrate on the process of relaxing too much: just listen to the sounds and allow your busy thoughts to simply dissolve.

**TECHNICAL DETAIL:** A quick session that quickly takes you down to 10Hz Alpha, a relaxed but aware state. Session can also help with recall.



## 10-MINUTE BREAK

**LENGTH:** 10 minutes

**REQUIRES HEADPHONES:** No

Want a slightly longer break from your work? This session will help you relax for a little longer, and hit that mental reset button – so you can dive right back into your work, whenever you desire, all fresh-faced and raring to go.

Close your eyes, take a few deep breaths, and relax while listening. Don't focus too much. Just allow the sounds to wash over you. If you find yourself thinking about your work, just acknowledge that it happens, and let go.

If you're tired, this session may tempt you into a mini power nap. If you're attempting to remember something, this session may also help with recall.

**TECHNICAL DETAIL:** Briefly takes you down to 8.5Hz, a relaxed Alpha state that will recharge your mental batteries. May lead to a power nap if fatigued. Finishes at 10Hz.



## BRAIN BOOSTER

**LENGTH:** 45 minutes

**REQUIRES HEADPHONES:** Yes

Think of this as your secret “boost” button. It helps to quickly get your brain into top gear, and should only be used once a day – preferably in the morning or early afternoon.

This session helps boost the analytical side of the brain, while keeping the emotional side calm yet focused. Great for clearing brain fog ahead of a big day of work.

Simply listen with headphones, while you check your email, review details of your big meeting, or cram your exam notes.

**NOTE:** Do not use on the same days as you use the Analytical Builder or Focus Gym sessions.

Insomnia, irritability, anxiety and personality changes are signs you are getting too much Gamma, and you should discontinue use for a few weeks before attempting to listen again.

**TECHNICAL DETAIL:** High-powered asymmetrical session, designed to boost the left analytical side, and keep the right emotional side calm. It ramps the left side from 15 to 20Hz slowly, over the first 30 minute period. The right side goes from 12 to 15Hz over the same period. The session ends by bringing both hemispheres together at a relaxed focus frequency of 14Hz. Listening too late at night can disturb sleeping patterns. Listening more than once a day can be fatiguing. Also proven useful for those with ADD/ADHD. Continued use can bring positive neurological change.



## FOCUS GYM

**LENGTH:** 45 minutes

**REQUIRES HEADPHONES:** No

Think of this session as a training gym for your brain!

It has been shown to boost overall focus and concentration levels, and increase your IQ score. Regular use has also been found to bring positive, lasting results.

Just listen to this session once a day, with eyes open or closed. You can listen while working or studying if you wish, but focusing on the sounds in this session has been found to speed up neurological change.

Listen early in a morning if possible, to help jumpstart and energize your brain – then switch

to the main Nitrofocus sessions when working or studying for longer periods of time, to avoid fatigue.

**NOTE:** Do not use on the same days as you use the Brain Booster or Analytical Builder sessions. Insomnia, irritability, anxiety and personality changes are signs you are getting too much Gamma, and you should discontinue use for a few weeks before attempting to listen again.

**TECHNICAL DETAIL:** High-intensity session that stimulates low Beta sensorimotor (SMR) rhythm frequencies, as well as upper Beta frequencies. Designed as a mental workout to strengthen overall cognitive ability and sharpen focus skills. Repeated use has been found to increase IQ in average and below average individuals. Can also be helpful for those with ADD/ADHD. Should not be used in the evening, due to its stimulating effects. Continued use can bring positive neurological change.



## MEMORY COMMIT

**LENGTH:** 40 minutes

**REQUIRES HEADPHONES:** No

Spent hours cramming for your exams? Want to remember everything?

This relaxing audio session is designed to help shift your short-term memory into your long-term memory areas.

It does this by quickly taking you into a deep Delta state, where this process typically occurs. Use it to help you on a mid-afternoon power nap, or as a sleep induction session after a night of last-minute cramming.

Listen after cramming the material you wish to absorb and commit to long-term memory.

Contains beautiful backing music, starting as background beach sounds and ultimately taking you from the water surface, down deep into the wonders of the ocean.

**TECHNICAL DETAIL:** Quickly takes you down into a state of deep delta, through sine wave entrainment, for optimum relaxation. (As opposed to isochronic tones, which may seem intrusive if you are trying to sleep.) This is a powerful point at which the brain can easily commit short-term experiences to longer term memory.



## ANALYTICAL BUILDER

**LENGTH:** 35 minutes

**REQUIRES HEADPHONES:** No

If you'd like to increase your nonverbal skills, then this is the session for you.

This session uses special Gamma frequencies to help stimulate and increase non-verbal skills, such as problem solving, mathematical problems, physics issues, computer science tasks, and other problems requiring strong reasoning skills.

In other words, things that doesn't rely on language ability!

This session can also be very effective in treating ADD/ADHD.

Listen two or three times a week. Consistent use will help develop more permanent increases in your nonverbal intelligence.

**NOTE:** Do not use on the same days as you use the Brain Booster or Focus Gym sessions. Insomnia, irritability, anxiety and personality changes are signs you are getting too much Gamma, and you should discontinue use for a few weeks before attempting to listen again.

**TECHNICAL DETAIL:** This session steps from 14Hz SMR to 40Hz Gamma, a range which has been found to increase nonverbal skills when stimulated. Results are progressive.



## ANXIETY REDUCER

**LENGTH:** 23 minutes

**REQUIRES HEADPHONES:** Yes

**CAN BE PLAYED ON REPEAT:** Yes

Do you have a big exam, interview or meeting on the horizon – and want to reduce your anxiety levels?

This session will help you reduce worries and concerns, while also keeping you sharp and focused. It does this by using assymetrical entrainment, boosting the cognitive left side of the brain to a relaxed level of focus, while calming the more emotional right side of the brain.

Contains a highly relaxing backing track, complemented with background-blocking 'brown noise.'

Listen on the day of your big event or exam, preferably as close to the actual time of the event as possible. Can also be used to reduce overall anxiety levels.

**TECHNICAL DETAIL:** Relaxed-focus asymmetrical session. Left brain is presented with mid to high Beta, alternating with 10Hz Alpha. Right brain receives SMR frequencies alternating with 10Hz Alpha. Alpha helps with recall, Beta keeps you focused on the task at hand. May also help boost cognition of seniors, and assist prevention of the onset of dementia. Continued use can bring positive neurological change.

# TIME TO GET STARTED!

---

You're one of the few people in the world with access to one of the most powerful collection of brainwave entrainment audio sessions – specifically designed to help you activate razor-sharp states of focus, on-demand.

With just a click of a button, you can now instantly block out distractions, quieten mind chatter, and get yourself straight into 'The Zone' – ready to rocket through your TODO list in just minutes.

So, what's next?

Well – brainwave entrainment is experiential. That means you've got to start using it in your daily life to begin seeing the amazing results it can bring you.

**It's easy to begin. Just start using one of the main Nitrofocus sessions whenever you want to boost your focus.**

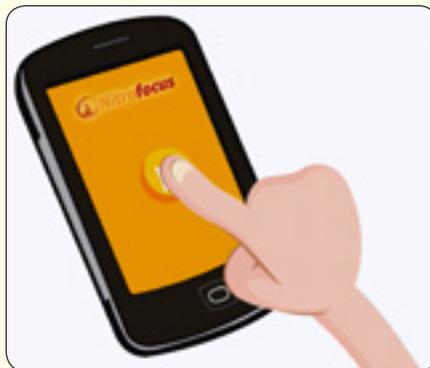
If you use a computer most of your working day, this will be incredibly easy. Just play it on repeat while you work, with or without headphones. You'll soon notice a sharp increase in your productivity.

You can supplement your experience by listening to any of the seven supporting Nitrofocus sessions, as required. Such as listening to the "10-Minute Break" session for a little chill-out time, or the "Anxiety Reducer" if you're feeling stressed before a big event.

Nitrofocus is an incredibly powerful tool, and will help you to tap into the true potential of your mind – quickly and easy. In fact, it does all the hard work for you.

With Nitrofocus, all you have to do is click 'play.'

Congratulations on getting started – and enjoy Nitrofocus!



# SAMPLE LISTENING PROTOCOLS

---

## FOR PROFESSIONALS:

- Start the day with the “Focus Gym” session, which brings longer term focus and IQ benefits. Substitute twice weekly with “Analytical Builder”, which brings longer term non-verbal benefits.
- Listen to any of the main five Nitrofocus sessions, on repeat, throughout your working day.
- Take frequent breaks. If possible, listen to “5-Minute Break” or “10-Minute Break” for a true battery recharge.
- Before big meetings, listen to “Anxiety Reducer” to minimize panic and boost your memory and focus levels.
- Take a full break on ‘off’ days. Relax and enjoy a little recreation.

## FOR STUDENTS:

- Start the day with the “Focus Gym” session, which brings longer term focus and IQ benefits. Substitute twice weekly with “Analytical Builder”, which brings longer term non-verbal benefits.
- Listen to any of the main five Nitrofocus sessions, on repeat, throughout your revision and study period.
- Take frequent study breaks. If possible, listen to “5-Minute Break” or “10-Minute Break” for a true battery recharge.
- If cramming for exams, listen to the “Memory Commit” session for a post-revision power nap. This commits your short-term memory to long-term memory.
- On the day of an exam or test, listen to “Anxiety Reducer” to minimize panic and boost your memory and focus levels.
- Take a full break on ‘off’ days. Relax and enjoy a little recreation.

## FOR ABSOLUTELY ANYONE:

- Listen to any of the main five Nitrofocus sessions, on repeat if desired, absolutely ANY time you need an immediate focus boost! Melt into the sounds as and when you need, and watch your concentration levels rocket.
- Listen to any of the seven supporting Nitrofocus levels as needed, such as the “5-Minute Break” when you need a quick dose of downtime, or the ‘Anxiety Reducer’ if you find yourself stressed in your daily life.