

How to Use:
Brain.fm for Sleep



Brief Instructions



When to use Brain.fm

Sleep



Full Night sleep



Power nap



Mid-day nap



Sleep Aid



Medication

Are you currently on sleep medication? If yes:

- ① Continue using the medication the first night
- ② Try *slowly* reducing it over the period of a week

IMPORTANT NOTE: ONLY do this with the permission and advice of your doctor



Pre-Sleep Routines



Keep your existing routines before sleep

Example:



Reading before bed



For Best Results Use:



Sleep Audio Mask



Model type:

Tooks SPORTEC Band
(\$20)

Available on:





Answers to Common Questions



Only use the session when you intend to go to sleep i.e. not while reading, watching tv, etc



Do not change the regular *place* and *time* of sleep.
Example: sleep in the same bed and same time at night



Falling asleep right away is *not expected*, so you can just enjoy the session without worrying about the timing of the session.



At any time, you can get up, use the bathroom, etc. Pause it at any time, or let it run and return it to it later. It doesn't matter.

Last...

1 Don't worry.



The sleep session protocol is designed by Dr. Giovanni Santostasi from the sleep lab of Northwestern University and has been proven to work.

2 Enjoy it!





Fin

The Brain.fm Sleep sessions were designed by:

Adam Hewett – Co-founder of Brain.fm

Dr. Giovanni Santostasi – Northwestern University Sleep Scientist