FocusWave

PRESENTS

Quick-Start Protocol

Your Complete Step-by-Step Guide to Getting Results From Day One

Which track to use · When to use it · How long · In what order

Read this before you press play on anything.

What's Inside

Section 1 — Your Complete Product Library — What You Received

Section 2 — The Most Important Thing to Know Before You Start

Section 3 — How to Listen — The 3 Simple Rules

Section 4 — Your 5 Tracks — When and How to Use Each One

Section 5 — The Vocal Guide — What It Is and When to Use It

Section 6 — The 10-Minute Morning Mind Reset — Your Daily Starter

Section 7 — The Recommended Daily Listening Schedule

Section 8 — Your 30-Day Protocol — Week by Week

Section 9 — Frequently Asked Questions

SECTION 1

Your Complete Product Library

Here is everything included in your Focus Wave purchase. Make sure you can see all of these in your member portal before you begin.

Your 6 Audio Tracks

01

Gamma Activation

Frequency: 40 Hz Gamma
Goal: Deep focus & mental clarity
Main track: 17 min **Vocal guide:** 10 min

02

DeepRest Theta

Frequency: 4–7 Hz Theta
Goal: Deep sleep & full restoration
Main track: 44 min **Vocal guide:** 44 min

03

CreativeFlow Alpha

Frequency: 8–12 Hz Alpha
Goal: Creative flow & relaxed productivity
Main track: 30 min **Vocal guide:** 12 min

04

MemoryLock

Frequency: 6 Hz Theta
Goal: Memory consolidation & retention
Main track: 20 min **Vocal guide:** 10 min

05

StressShield Calm

Frequency: 10 Hz Alpha
Goal: Deep calm & nervous system reset
Main track: 10 min **Vocal guide:** 10 min

06

10-Min Morning Mind Reset

Frequency: Beta→Gamma ramp
Goal: Morning activation & daily primer
Main track: 10 min **Vocal guide:** 11 min

Your Bonus Items

■ Neuro-Nutrition Blueprint

A complete food and drink guide paired track-by-track with your audios. Read this alongside the protocol to amplify every session.

■ A Personal Letter From the Founder

Read this first — it explains the science behind what you're about to experience and sets the right expectations for your first 30 days.

■ Complete Focus Wave Audio Backup (ZIP file)

A full backup of all your tracks for offline use. Right-click the link and save to your device.

■ 10-Min Morning Mind Reset

The Most Important Track in the entire system.

SECTION 2

The Most Important Thing to Know Before You Start

Before you press play on anything, read this section carefully. It will save you frustration and make your results dramatically better.

Focus Wave works through a process called brainwave entrainment. Your brain automatically follows the audio frequency. This is not meditation. It does not require concentration or belief. It simply works — the same way your eyes adjust to light.

What this means for you:

1 **You do not need to try.**
Attempting to focus or concentrate during a session actually gets in the way. The audio does the work. Your only job is to put on headphones and let go.

2 **You need stereo headphones.**
This is non-negotiable. The tracks use binaural and isochronic frequencies that require stereo separation to work. Earbuds are fine. Mono speakers are not.

3 **Results compound over time.**
Day 1 may feel subtle. Day 7 will feel noticeably different. Day 30 will feel like a completely different brain. Consistency is everything — one session per day minimum.

4 **Each track is a tool for a specific state.**
Do not play Gamma Activation before bed. Do not play DeepRest Theta before a work session. Each track is precisely designed for its purpose. Follow the schedule in this guide and you will get the right results at the right time.

5

The Vocal Guide is optional.

Each track has two versions — the standard frequency version and a Vocal Guide version with spoken guidance layered over the audio. Both versions deliver the same brainwave entrainment. Choose whichever you prefer on any given day.

SECTION 3

How to Listen — The 3 Simple Rules

Follow these three rules every single time you listen and you will get the maximum result from every session.

Rule 1 — Always Use Stereo Headphones

Earbuds, over-ear, on-ear — all fine. Wired or wireless — both work. The only requirement is stereo. Laptop speakers, phone speakers, or Bluetooth mono speakers will significantly reduce or eliminate the entrainment effect. If in doubt, use the earbuds that came with your phone.

Rule 2 — Find a Comfortable, Undisturbed Position

You do not need to sit still or close your eyes — you can work, read, or rest while listening. However, avoid conversations, loud environments, or active physical exercise during a session as these disrupt the entrainment process. A quiet desk, a comfortable chair, or lying down are all ideal.

Rule 3 — Listen at a Comfortable Volume

The frequencies work at any volume above a gentle background level. You do not need it loud. If the audio is so quiet you can barely hear it, turn it up slightly. If it feels uncomfortably loud, turn it down. A moderate, comfortable volume is all that is needed.

SECTION 4

Your 5 Tracks — When and How to Use Each One

Each track is engineered for a specific mental state. Using the right track at the right time is what makes Focus Wave dramatically more effective than generic meditation or relaxation audio.

■ Track 01 — Gamma Activation

For: Focus & Mental Clarity

17 minutes | 40 Hz Gamma frequency

When to use it: Morning or early afternoon — ideally within the first 2 hours of waking. Use this before any task requiring deep concentration: writing, coding, studying, problem-solving, or any high-stakes cognitive work.

How to use it: Press play 5 minutes before you intend to start working. By the time the track ends, your brain will be in a Gamma state. Begin your work immediately after — do not scroll your phone or check email first.

How often: Once per day, in the morning. You can use it a second time in the early afternoon if you need a second focus block, but avoid it after 4pm as it may interfere with sleep.

Vocal Guide version: The Vocal Guide provides spoken anchoring cues to keep your attention from drifting. Recommended for beginners in the first 1–2 weeks.

■ Track 02 — DeepRest Theta

For: Deep Sleep & Full Restoration

44 minutes | 4–7 Hz Theta frequency

When to use it: At bedtime — press play as you get into bed with lights off. This is your sleep track. It is the longest track in the system because sleep requires a sustained, gradual descent into Theta.

How to use it: Lie down in your normal sleep position, headphones in, eyes closed. Do not attempt to stay awake. Do not try to 'do' anything. Simply allow the audio to guide you. Most listeners fall asleep before the track ends — this is exactly what is supposed to happen.

How often: Every night. This is the only track designed for nightly use. The more consistently you use it, the more deeply your sleep architecture improves.

Vocal Guide version: The Vocal Guide uses gentle sleep-induction language to accelerate the descent into Theta. Highly recommended if you have difficulty falling asleep or if your mind tends to race at bedtime.

■ Track 03 — CreativeFlow Alpha

For: Creative Flow & Relaxed Productivity

30 minutes | 8–12 Hz Alpha frequency

When to use it: Mid-morning or early afternoon — when you need to generate ideas, write, design, brainstorm, or do any work that requires both focus AND creative open-mindedness. Also excellent before a difficult conversation that requires calm, clear thinking.

How to use it: Press play 5–10 minutes before you need to enter creative mode. Alpha is a relaxed state — you may feel slightly less 'sharp' than Gamma but significantly more open and generative. This is correct and desired.

How often: 1–2 times per week, or any day you have creative work to complete. It pairs especially well with the Matcha Latte recommendation in your Neuro-Nutrition Blueprint.

Vocal Guide version: The Vocal Guide uses gentle creative prompts and open-awareness language. Excellent for writers, artists, and anyone who feels creatively blocked.

■ Track 04 — MemoryLock

For: Memory Consolidation & Deep Retention

20 minutes | 6 Hz Theta frequency

When to use it: Immediately after a study or learning session — within 1–2 hours of absorbing new information. The brain consolidates memories most effectively in the first 2 hours after learning. MemoryLock creates the optimal neurological window for information to move from short-term to long-term memory.

How to use it: Find a quiet place, sit comfortably or lie down, and press play within 30 minutes of finishing your study session. Close your eyes and let the audio run. You do not need to actively review the material — the frequency does the consolidation work automatically.

How often: Use it after every significant learning session — studying, reading, attending training, or any time you want information to stick permanently.

Vocal Guide version: The Vocal Guide includes gentle reflective prompts to help anchor the information you just learned. Highly recommended for students and professionals.

■ Track 05 — StressShield Calm

For: Deep Calm & Nervous System Reset

10 minutes | 10 Hz Alpha frequency

When to use it: Any time you feel your stress response activated — before a difficult meeting, after a stressful event, during an anxiety spike, or as a daily evening wind-down routine before transitioning to DeepRest Theta at bedtime.

How to use it: Press play and breathe naturally. This is the shortest track in the system because it is designed for rapid deployment — even 10 minutes of StressShield produces a measurable shift in cortisol levels. You can use it sitting at your desk, lying down, or even on public transport.

How often: As needed — there is no limit to how many times you can use StressShield. It is especially powerful when used every evening between 8–9pm as a transition ritual before bed.

Vocal Guide version: The Vocal Guide uses guided breathing cues and calming language that significantly accelerates the parasympathetic response. Strongly recommended for anxiety or high-stress periods.

SECTION 5

The Vocal Guide — What It Is and When to Use It

Every track in Focus Wave comes in two versions: the **standard frequency version** and the **Vocal Guide version**. Both versions deliver exactly the same brainwave entrainment frequencies. The difference is in the experience.

Standard Version

Pure audio — music and tones only. No spoken words. This is the preferred version for experienced listeners, for work sessions where speech would be distracting, or for bedtime use when you want to drift off without being guided.

Vocal Guide Version

The same frequency track with a calm, spoken voice layered over the audio. The voice provides gentle anchoring, breathing cues, and state-specific guidance that helps your brain reach the target frequency more quickly — especially if you are new to brainwave entrainment.

Recommendation: Start with the Vocal Guide version for your first 7–14 days. Once you feel comfortable with each track's effect, switch to the standard version for distraction-free sessions.

Quick Reference

Situation	Use Standard Version	Use Vocal Guide Version
You are new to Focus Wave	—	■ **Recommended**
Working or studying during session	■ **Recommended**	—
Using DeepRest Theta to fall asleep	■ **Recommended**	■ Also works well
You have anxiety or high stress	—	■ **Strongly recommended**
Creative work session	■ **Preferred**	■ Also good

After 30 days of daily use	■ **Preferred**	—

SECTION 6

The 10-Minute Morning Mind Reset

The Morning Mind Reset is a special bonus track — and for many listeners, it becomes the most important track in the entire system.

Use the Morning Mind Reset EVERY single day — even on days when you don't use any other track. It takes only 10 minutes and sets your entire brain state for the day.

What it does:

The Morning Mind Reset uses a gentle Beta-to-Gamma frequency ramp — starting at a low Beta frequency (14 Hz) when you are still groggy, and gradually ramping up to a full Gamma state (40 Hz) by the end of the track. This mimics the brain's natural morning activation sequence, but compresses it from the normal 45–90 minutes down to just 10 minutes.

The result is a complete clearance of morning brain fog, a natural dopamine boost for motivation, and a primed brain state that makes every other Focus Wave track you use that day work faster and deeper.

How to use it:

1. **Press play within 5 minutes of waking up**
   Before you check your phone. Before you speak to anyone. Before you check messages or social media. This is the most important instruction in this entire guide. The Morning Mind Reset works best when your brain is still in its natural post-sleep state.

2. **Sit up or stand — do not lie back down**
   You don't need to do anything elaborate. Sit on the edge of your bed, sit in a chair, or stand in your kitchen making tea. The key is to be upright so you don't drift back to sleep.

3. **Let it run for the full 10 minutes**
   Do not skip ahead. The frequency ramp is gradual by design. Skipping to the end would be like trying to start a car engine by turning the key directly to full acceleration.

4

Begin your day immediately after

The moment the track ends, your brain is in a primed Gamma state. This is the ideal time to begin your most important task of the day, use Gamma Activation for an extended focus session, or simply engage with your morning with full presence and clarity.

SECTION 7

The Recommended Daily Listening Schedule

This is the exact daily schedule we recommend for maximum results. You do not need to follow it perfectly every day — but the closer you follow it, the faster and more pronounced your results will be.

On Waking 5–7am	**10-Min Morning Mind Reset** Every single day — no exceptions. Sets your brain state for everything that follows.
Morning 7–9am	**Gamma Activation** Before your most important focus work of the day. Let the track finish before you begin.
Mid-Morning 10–11am	**CreativeFlow Alpha *(optional)*** On days with creative work, brainstorming, writing, or design tasks.
After Study (anytime)	**MemoryLock *(optional)*** Within 30 minutes of finishing any learning or study session. Use it whenever you want information to stick.
Evening 8–9pm	**StressShield Calm** Every evening as a transition ritual. Lowers cortisol and prepares your nervous system for sleep.
Bedtime 10–10:30pm	**DeepRest Theta** Press play as you get into bed with lights off. Let it carry you into sleep.

On a minimum day: just use the Morning Mind Reset + DeepRest Theta. These two tracks alone — used consistently — produce significant results over 30 days.

SECTION 8

Your 30-Day Protocol — Week by Week

Here is exactly what to focus on each week of your first 30 days. Do not try to do everything at once. Build the habit layer by layer.

Days 1–7: Build the Foundation

Your only goal this week is to establish two daily habits: the Morning Mind Reset when you wake up, and DeepRest Theta when you go to bed. Do not worry about the other tracks yet. Just these two, every single day, for 7 days straight.

- ✓ Use the Vocal Guide version of both tracks this week
- ✓ Use stereo headphones every session — no exceptions
- ✓ Notice and write down any shifts in your sleep quality or morning clarity
- ✓ Read the Neuro-Nutrition Blueprint introduction this week
- ✓ Read the Founder's Letter if you haven't already

Days 8–14: Add Your Focus Track

You now have your sleep and morning habits in place. This week, add Gamma Activation to your morning routine — immediately after the Morning Mind Reset on work days.

- ✓ Morning Mind Reset → immediately followed by Gamma Activation on work days
- ✓ Switch between Standard and Vocal Guide versions to find your preference
- ✓ Notice the difference in your focus quality on Gamma days vs non-Gamma days
- ✓ Begin following the Gamma nutrition recommendations from the Blueprint
- ✓ Continue DeepRest Theta every single night

Days 15–21: Add Stress Relief and Creativity

Your brain is now trained to recognise and enter the Gamma and Theta states quickly. This week, introduce StressShield Calm in the evenings and CreativeFlow Alpha on creative work days.

- ✓ Add StressShield Calm every evening between 8–9pm
- ✓ Use CreativeFlow Alpha on 2–3 days this week for creative tasks
- ✓ Begin the evening Theta nutrition protocol from the Blueprint

- ✓ Notice how quickly your stress response drops after StressShield sessions
- ✓ Continue all foundational tracks: Morning Mind Reset + Gamma + DeepRest Theta

Days 22–30: Complete the Full System

You now have a complete brain performance system operating. This week, add MemoryLock after any study or learning sessions and begin to personalise your schedule based on what's working best for you.

- ✓ Use MemoryLock after every study or learning session this week
- ✓ Try the full daily schedule from Section 7 for at least 3 days
- ✓ Review your sleep quality, focus levels, and stress compared to Day 1
- ✓ You should now be using the Standard versions more than the Vocal Guide
- ✓ Your brain is now recalibrated — this is the new normal baseline

SECTION 9

Frequently Asked Questions

Q: How quickly will I feel a difference?

Most listeners notice a shift during their first session — a quieting of mental noise, a sense of the brain 'settling'. Significant, consistent changes in focus and sleep typically appear by Day 5–7. By Day 30, most listeners describe it as a fundamentally different baseline mental state.

Q: What if I fall asleep during Gamma Activation?

This occasionally happens in the first few days when your sleep debt is high. It means your brain needed rest more than focus. This self-corrects within a week once your sleep debt is cleared by consistent DeepRest Theta use.

Q: Can I use multiple tracks in one day?

Yes. The recommended daily schedule uses 4–6 tracks. The key rule is: use Gamma and Alpha in the morning/daytime only. Use Theta and StressShield in the evenings only. The Morning Mind Reset can be used at any time of day.

Q: Do I need to listen to the full track every time?

For best results, yes. The frequency sequences are designed to run their full duration. However, even a partial session (minimum 10 minutes) produces meaningful entrainment. On busy days, a partial session is significantly better than no session.

Q: Can I listen while sleeping?

Only DeepRest Theta is designed to be used while falling asleep. Do not use Gamma Activation or CreativeFlow Alpha while trying to sleep — these frequencies will keep your brain too activated for restful sleep.

Q: What if I miss a day?

Simply resume the next day. Missing one day does not reset your progress. The brain's frequency training is cumulative — missing one session is like missing one gym session. Just get back on track.

Q: Can I use Focus Wave with meditation?

Yes — Focus Wave actually enhances meditation practice significantly. Use the Theta or Alpha tracks as a meditation background. The entrainment frequencies will help you reach deep meditative states much faster than silence or generic meditation music.

Q: Will this interfere with sleep medication or other supplements?

Focus Wave is audio — it has no chemical interaction with medications or supplements. However, as DeepRest Theta improves your natural sleep quality, you may find you need less sleep medication over time. Always consult your doctor before changing any medication.

Q: What if I don't notice any difference after 2 weeks?

First, confirm you are using stereo headphones — this is the most common reason people don't feel results. Second, ensure you are listening consistently — at least once per day, every day. Third, try the Vocal Guide version if you've been using the standard version. If you're still not noticing results after 30 days of consistent use, contact our support team.

You now have everything you need to get full results from Focus Wave. Start with the Morning Mind Reset tomorrow morning. Use DeepRest Theta tonight. The rest will follow naturally.

© Focus Wave. All rights reserved. | This guide is for educational and informational purposes only. Results may vary between individuals. For support, please contact us through your member portal.