

Shiftwave Lounge Menu

Instructions: Inhale when the pulsed pressure waves become stronger and exhale when they become weaker. **First time? Start with Shiftwave (10)!**

Restore

- Core Recovery (60 min)
- Das Optimizer (10 & 20 min)
- Disco Nap (10 & 20 min)
- Longevity (40 min)
- Ride The Tiger (15 & 25 min)
- Synthetic Sleep (SS) Protocols (20 min) minimum recommended)
- Stress R&R (35 min)
- (Advanced) SS Meditate (15, 30, 60 min)

Optimize

- Core Performance (12 min)
- Das Optimizer (10 & 20 min)
- Guided Alignment (55 min)
- HRV BioDrive Intro (7 min)
- Longevity (40 min)
- NeuroBoost (9 min)
- Shiftwave (5 & 10 min)
- Vitality & Immunity (20 min)

Focus

- Boost Your Day (18 min)
- Das Optimizer (10 & 20 min)
- HRV BioDrive Intro (7 min)
- NeuroBoost (9 min)
- Core Performance (12 min)
- Quick Reset (4 min)
- Shiftwave (5 & 10 min)
- Vitality & Immunity (20 min)
- (Advanced) SS Meditate (15, 30, 60 min)

Energize

- Boost Your Day (18 min)
- Core Performance (12 min)
- Das Optimizer (10 & 20 min)
- Guided Alignment (55 min)
- NeuroBoost (9 min)
- Shiftwave (5 & 10 min)
- Vitality & Immunity (20 min)
- Self Love (29 min)

Improve Sleep

To improve sleep these protocols are recommended. They should be done at least 4 hours before going to bed.

- Disco Nap (10 & 20 min)
- Longevity (40 min)
- Mount Bliss (60 min)
- Ride The Tiger (15 & 25 min)
- River Master (15 & 25 min)
- Shiftwave (10 min)
- Stress Relief (25 min)
- Stress R&R (35 min)
- Vitality & Immunity (20 min)
- (Advanced) SS Meditate (15, 30, 60 min)
- All SS (Synthetic Sleep) Protocols

Stress Resilience

- Core Performance (12 min)
- Daily Resilience (5 min)
- Das Optimizer (10 & 20 min)
- Rapid Relief (10 min)
- Ride The Tiger (15 & 25 min)
- River Master (15 & 25 min)
- Shiftwave (5 & 10 min)
- Soul Survivor (18 min)
- Stress R&R (35 min)
- Stress Relief (25 min)

Induced Sleep

- Bedtime (7 min)
- Day at the Beach (intensity < 50%)
- Evolver (intensity < 50%)

Relax

- Day at the Beach (10 min)
- Deep Love (8 min)
- Disco Nap (10 & 20 min)
- Longevity (40 min)
- Core Recovery (60 min)
- All SS (intensity <50%)