



What is special about this program? This program initially has a very calming effect and counteracts stress reactions caused by anxiety or restlessness. This state is then stabilized in the deep beta range (SMR zone), which is a good basis for successful mental self-control.

Who is it best suited for? For people who are feeling somewhat anxious, oppressed, restless, or worried.

What does this program consist of? Simple isochronic pulses, brown noise, and ambient music.

The session starts at the upper alpha limit of 12 hertz and then slows down to 8.5 hertz, where it remains for most of the time. In the last third, it then rises quite rapidly to 14 hertz – a typical SMR value.

Composed in 528 hertz!

When to listen? There is no prescribed "best" time for this.

When does it take effect? How can I tell? After 10 minutes, you will feel noticeably more relaxed, and by the end of the session, you will feel stabilized. And this effect lasts for a while.

How often should I listen to it? The more often you listen to this session, the longer the effect lasts: training effect. At some point, anxiety can be "managed and controlled" even without Neurostreams.

What can I do wrong? Listening to the session twice in a row is counterproductive. Coffee or other stimulants would be bad companions.

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