



Duration: 15 minutes **Eyes:** closed

Headphones: recommended

What is special about this program? This program is a short, crisp relaxation program that manages to press the "reset" button in the middle of the day within a short time. After that, the second half of the day can come calmly: your mental working memory has been cleared.

Who is it best suited for? For people who want to take a real break during their already short lunch break and need to switch off for a moment.

What does this program consist of? Isochronic beats, the same in both ears, accompanied by soundscapes. It starts in the SMR range at 13 hertz, then drops to the mid-alpha value of 10 hertz within three minutes and remains there for the remaining 12 relaxing minutes.

When to listen? Preferably before lunch or immediately after. Fifteen minutes is enough.

How to listen? Sit back or lie down as comfortably as possible. Close your eyes, inhale, exhale, done.

What should you pay attention to when listening? Deliberately forget where you are, who you are, and that it will be over soon. Those who allow themselves to be carried away will experience an extreme expansion of time. Looking back, the "mini break" will feel very long.

When does it take effect? How can I tell? After 15 minutes, you will have almost lost all sense of time. At the end, you will not be woken up separately, but released into reality in a 10-hertz state. Please be prepared to take a few minutes to get back up to speed. But then you will be fatigue-free for quite a while.

How often should you listen? One 15-minute session per day is optimal. So make sure you have at least one varied weekly ration.

What could I possibly do wrong? Not asking my colleagues beforehand not to disturb me when I'm wearing headphones, and then there's those strange sleep glasses...

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