

NeuroVIRZ

Better Sleep Collection



Sleep Collection

Harmonise your Circadian Cycle

Better Sleep sessions are built by combining light and sound to gently guide the brain to achieve **better, more restful sleep.**

Tuned to Your Body's Natural Rhythm

- All Better Sleep sessions are structured around the **circadian rhythm**.
- Your body's internal clock that governs your sleep-wake cycle.
- Aligning with this natural rhythm is essential for healthy, restorative sleep.
- Interestingly, one of the most important moments for setting this rhythm is **when you first wake up in the morning**. How your day begins influences how easily your brain and body will wind down later.

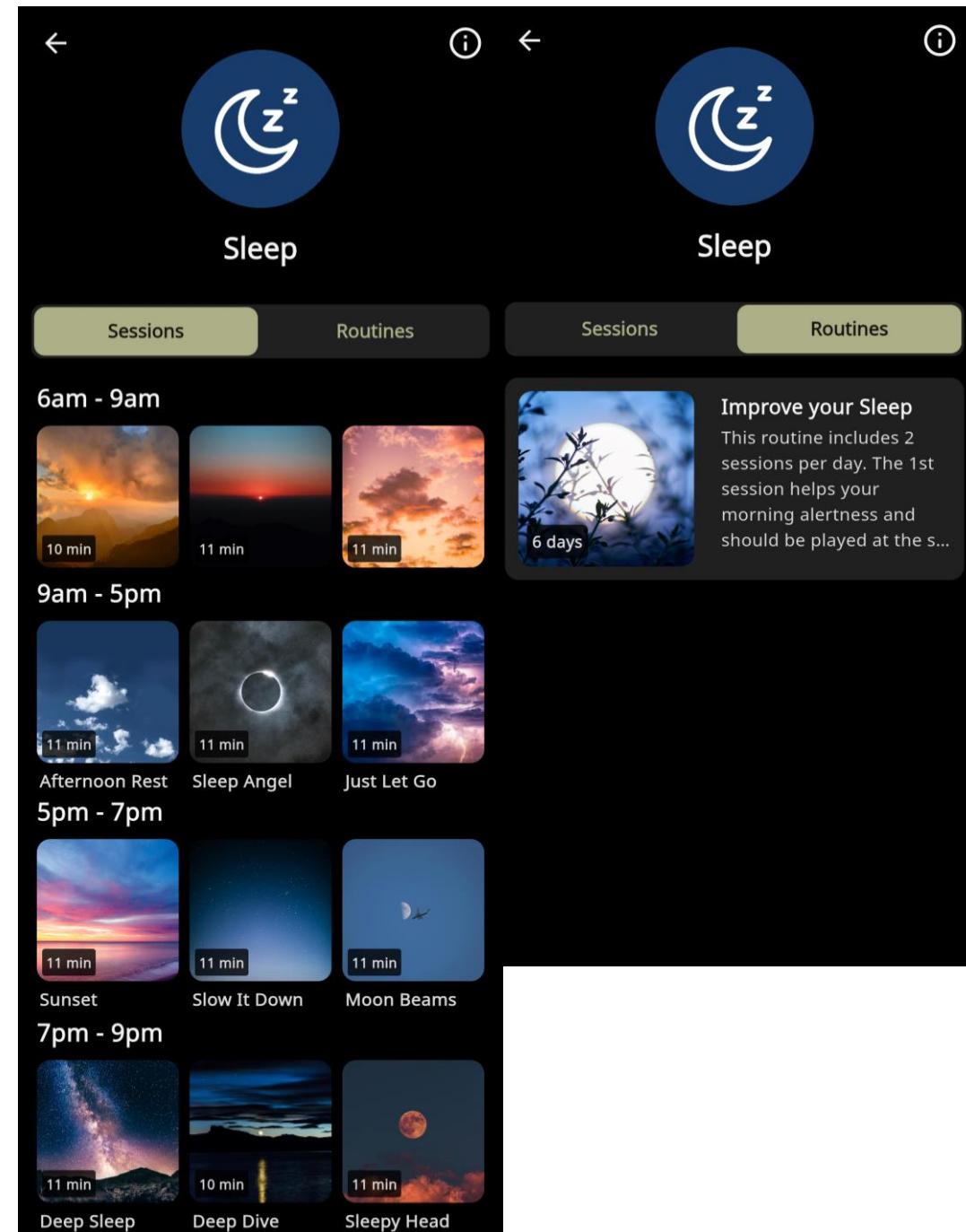
Support Throughout the Day

Better Sleep sessions are designed to support different phases of your day:

- **6am – 9am sessions sync your Circadian response to first light.**
- **9am – 5pm sessions help you learn to consciously relax when needed.**
- **5pm – 7pm sessions act to dissipate the buildup of stress that can hijack your sleep rhythms.**
- **7pm – 9pm sessions coax and induce sleep.**
- Managing stress throughout the day and creating the right mental state before bed are both crucial for quality sleep.

Real-World Results

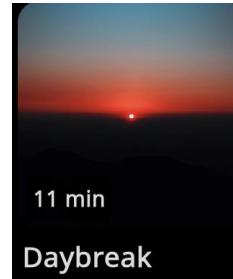
Many NeuroVIZR users notice better sleep—sometimes after just a few sessions. For others, results develop gradually with regular use, as sleep patterns differ for each person. When your **circadian cycle is in sync**, it doesn't just lead to better sleep, it also improves overall **mental and physical health**.



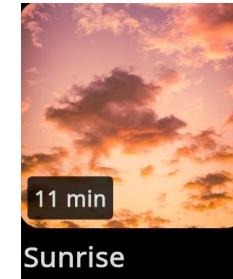
More about the – Better Sleep 6am to 9am Sessions



Early morning light exposure activates a natural “shift forward” in your Circadian Cycle, signalling your body’s internal clock to adjust. This gentle reset encourages your system to align with an earlier rhythm, so you naturally begin to feel sleepy sooner in the evening. Over time, this can promote healthier sleep patterns and support overall well-being.

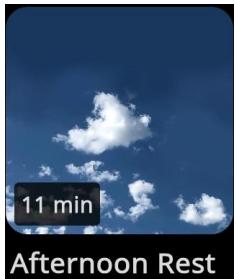


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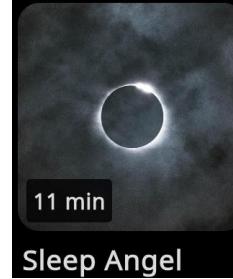


Early morning light exposure activates a natural “shift forward” in your Circadian Cycle, promoting your internal clock to adjust its timing. This shift encourages your body to feel sleepy earlier in the evening, supporting a healthier, more consistent sleep schedule and improving overall rest quality over time.

More about the – Better Sleep 9am to 5pm Sessions



This session is designed to gently release the accumulated sympathetic nervous system charge that often becomes locked in place due to the ongoing pressures of daily life. By easing this tension, it supports your body and mind in moving smoothly through the natural afternoon dip in the Circadian Cycle, helping you shift into a more balanced restorative and harmonious state.



Similar to other daytime sleep-related sessions, Sleep Angel serve as a gentle guide, helping you release accumulated stress before nightfall. By easing tension during the day, it prevents you from crashing into the evening with the force of a charging bull, allowing you to approach nighttime with a calm and more balanced state of mind.

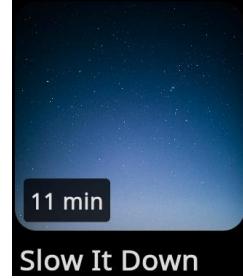


As its name suggests, this session is designed to help you practice releasing your tight hold thoughts and emotions. By simply flowing the process, you can gradually develop and strengthen the valuable skill of letting go, allowing your mind to settle into a calmer, more open and less reactive state over time.

More about the – Better Sleep 5pm to 7pm Sessions



It is the exhalation of the day and the last moments of light. Before electricity, it was the of starting the fire in the heart and ushering in the evening calm. It is the end of yet another day. Now, be peaceful. The sheltering dark is about to arrive. Watch as Nature and your body begin to shift and move towards rest. As the Earth turns, the sun sets.



Part of the trick of good sleep is knowing how to slow down the speed of the day and coming to a gentle full stop. Having the ‘pedal to the metal’ and then slamming on the brakes will not easily convert into a smooth entry into sleep. This session leans into the letting go which we all need and does so patiently with demanding it. You may not be slow enough to smell the flowers yet... but easing up on things will definitely feel better and your sleep will prove it.

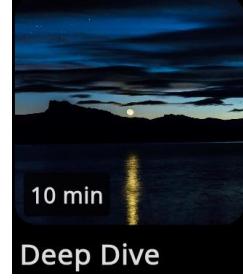


There are few things more calming than moonlight. Never demanding but always inviting. This session, like moonlight, is indirect and approaches gently the process of letting go – of surrendering the end of the day to the start of the night. Soften and welcome the moonlight.

More about the – Better Sleep 7pm to 9pm Sessions



This is the light and sound equivalent of a sleeping pill meaning it's not intended as true sleep training. Instead it functions as a form of gentle sleep induction, helping to guide your mind and body into a state where falling asleep comes more easily and naturally without the long-term conditioning focus of training protocols.



This session offers a unique variation on the powerful knock out punch formula also features in Deep Sleep. Designed to deliver a similarly effective impact, it gently guides you toward rapid relaxation and a deep restorative rest, while adding its own subtle nuances to enhance the overall sleep experience.



This session offers a gentle, smoother invitation into sleep, making it ideal when you're already ready for bed but just need a little extra help drifting off. It creates a calming transition that eases you from wakefulness into rest, helping you settle comfortably and naturally into a peaceful night's sleep.

Structured Routine: **BASIC DAILY BETTER SLEEP**

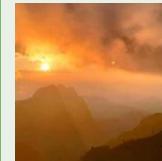
- Take a one-day break after Day 3 and then repeat the cycle.
- Starting the day with “Better Sleep” session, helps harmonize your Circadian Cycle.
- It is ideal to perform the Better Sleep session early in the day, preferably between 6-9 AM if possible.
- For enhanced benefits, consider incorporating some Guided Breathing exercises before and/or after the session. To prevent stress from building up, schedule the Mind States session at a convenient time during the afternoon.
- This session can help you relax and maintain a balanced mental state throughout the day.

**1 RESTING DAY BEFORE
STARTING OVER**

DAY 1:

Go to Better Sleep Collection:
Choose 6AM - 9AM and Select

Dawn / Day Break / Sunrise



Better Sleep Collection:

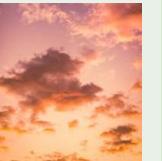
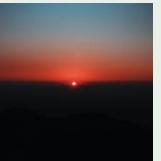
Choose 7PM – 9PM and Select
Deep Dive



DAY 2:

Go to Better Sleep Collection:
Choose 6AM - 9AM and Select

Dawn / Day Break / Sunrise



Better Sleep Collection:

Choose 7PM – 9PM and Select
Deep Sleep



DAY 3:

Go to Better Sleep Collection:
Choose 6AM - 9AM and Select

Dawn / Day Break / Sunrise



Better Sleep Collection:

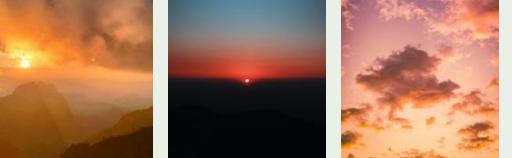
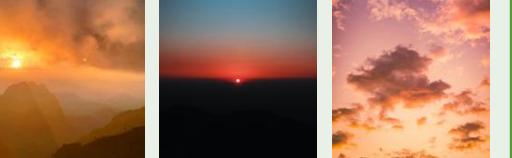
Choose 7PM – 9PM and Select
Sleepy Head



Structured Routine: EXPANDED DAILY BETTER SLEEP

- Take a one-day break after Day 3 and then repeat the cycle.
- With experience, choose the 6-9 AM session and the 7-9 PM session you most prefer – shifting your choice of sessions occasionally helps prevent your brain from habituating to the same stimulation, promoting continued effectiveness.
- To enhance the benefits of each session, consider incorporating some Guided Breathing exercises before and/or after the session. Guided Breathing can help relax your mind and enhance the overall experience.
- Additionally, be mindful of practicing good «Sleep Hygiene» to optimize your results. This includes maintaining a consistent sleep schedule, creating a conducive sleep environment, avoiding stimulants before bed, and engaging in relaxation techniques to promote quality sleep.

**1 RESTING DAY BEFORE
STARTING OVER**

DAY 1: Go to Better Sleep Collection: Choose 6AM - 9AM and Select Dawn / Day Break / Sunrise  Better Sleep Collection: Choose 9AM-5PM and Select Afternoon Rest  Better Sleep Collection: Choose 7PM – 9PM and Select Deep Dive 	DAY 2: Go to Better Sleep Collection: Choose 6AM - 9AM and Select Dawn / Day Break / Sunrise  Better Sleep Collection: Choose 9AM-5PM and Select Just Let Go  Better Sleep Collection: Choose 7PM – 9PM and Select Deep Sleep 	DAY 3: Go to Better Sleep Collection: Choose 6AM - 9AM and Select Dawn / Day Break / Sunrise  Better Sleep Collection: Choose 9AM-5PM and Select Sleep Angel  Better Sleep Collection: Choose 7PM – 9PM and Select Sleepy Head 
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MAINTAIN GOOD MENTAL HEALTH
BY ADAPTING IN THE FACE OF ADVERSITY.

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