



# Protocol Guide



## Reset and Regenerate.

FEEL THE COMPLETE SHIFT IN MIND & BODY





## ► Instructions

Inhale when the pulsed pressure waves become stronger and exhale when they become weaker.

## ► Overview

Shiftwave protocols are programs that use intelligent rhythms, patterns, and frequencies of pulsed-pressure waves to guide your body and mind to optimal states. These tailored protocols enhance natural oscillations in your body, improving fluid flow, physiologic activity, and neural dynamics, leading to optimal physiological and autonomic balance. Neurally, the intelligent patterns of pulsed pressure waves communicate directly with mechanoreceptors in the nervous system, promoting networks associated with calm, attentive focus, enhanced creativity, and freedom from rumination. Each protocol utilizes different patterns of vibratory stimulus to restore, rebalance, and optimize your body and mind to a more youthful and vigorous state, providing you with a versatile platform to create the shift you want. These protocols are developed based on the latest scientific research and data using over a billion data points. Experiment with the different protocols to discover what works for you, and descriptions of the various protocols and their suggested uses are provided below.

# Protocol Selection Guide

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

Restore	<ul style="list-style-type: none"><li>• Relax (20 min)</li><li>• Core Recovery (60 min)</li><li>• Disco Nap (10 &amp; 20 min)</li><li>• Longevity (40 min)</li><li>• Synthetic Sleep (SS) Protocols (20 min minimum recommended)</li><li>• Stress R&amp;R (35 min)</li><li>• (Advanced) SS Meditate (15, 30, 60 min)</li></ul>	Optimize	<ul style="list-style-type: none"><li>• Controlling the Controllables (10 min)</li><li>• Core Performance (12 min)</li><li>• Das Optimizer (10 &amp; 20 min)</li><li>• Guided Alignment (55 min)</li><li>• HRV BioDrive Intro (7 min)</li><li>• Longevity (40 min)</li><li>• NeuroBoost (9 min)</li><li>• Shiftwave (5 &amp; 10 min)</li><li>• Vitality &amp; Immunity (20 min)</li></ul>
Focus	<ul style="list-style-type: none"><li>• Controlling the Controllables (10 min)</li><li>• Boost Your Day (18 min)</li><li>• Das Optimizer (10 &amp; 20 min)</li><li>• HRV BioDrive Intro (7 min)</li><li>• NeuroBoost (9 min)</li><li>• Core Performance (12 min)</li><li>• Quick Reset (4 min)</li><li>• Shiftwave (5 &amp; 10 min)</li><li>• Vitality &amp; Immunity (20 min)</li></ul>	Energize	<ul style="list-style-type: none"><li>• Boost Your Day (18 min)</li><li>• Core Performance (12 min)</li><li>• Das Optimizer (10 &amp; 20 min)</li><li>• Guided Alignment (55 min)</li><li>• NeuroBoost (9 min)</li><li>• Shiftwave (5 &amp; 10 min)</li><li>• Vitality &amp; Immunity (20 min)</li><li>• Self Love (29 min)</li></ul>
Improve Sleep	<p><i>To improve sleep these protocols are recommended. They should be done at least 4 hours before going to bed.</i></p> <ul style="list-style-type: none"><li>• Disco Nap (10 &amp; 20 min)</li><li>• Longevity (40 min)</li><li>• Mount Bliss (60 min)</li><li>• Ride The Tiger (15 &amp; 25 min)</li><li>• River Master (15 &amp; 25 min)</li><li>• Shiftwave (10 min)</li><li>• Stress Relief (25 min)</li><li>• Stress R&amp;R (35 min)</li><li>• Vitality &amp; Immunity (20 min)</li><li>• (Advanced) SS Meditate (15, 30, 60 min)</li><li>• All SS (Synthetic Sleep) Protocols</li></ul>	Stress Resilience	<ul style="list-style-type: none"><li>• Core Performance (12 min)</li><li>• Daily Resilience (5 min)</li><li>• Das Optimizer (10 &amp; 20 min)</li><li>• Rapid Relief (10 min)</li><li>• Ride The Tiger (15 &amp; 25 min)</li><li>• River Master (15 &amp; 25 min)</li><li>• Shiftwave (5 &amp; 10 min)</li><li>• Self Love (29 min)</li><li>• Soul Survivor (18 min)</li><li>• Stress R&amp;R (35 min)</li><li>• Stress Relief (25 min)</li></ul>
Induced Sleep	<ul style="list-style-type: none"><li>• Bedtime (7 min)</li><li>• Day at the Beach (intensity &lt; 50%)</li><li>• Evolver (intensity &lt; 50%)</li></ul>	Relax	<ul style="list-style-type: none"><li>• Relax (20 min)</li><li>• Day at the Beach (10 min)</li><li>• Deep Love (8 min)</li><li>• Disco Nap (10 &amp; 20 min)</li><li>• Longevity (40 min)</li><li>• Core Recovery (60 min)</li><li>• All SS (intensity &lt;50%)</li></ul>





## ► BioDrive®

BioDrive® is an advanced biofeedback feature designed to tune your body to a state of coherence and regeneration through precise monitoring of your physiology. It utilizes the included pulse oximeter to listen to your heart's natural tendency to follow the rhythm of your breath and mirrors this physiological connection back to you through heart-rate informed pulsed pressure waves. This powerful process guides you into a deeply restorative and regenerative state. Use your inhale to drive the vibrations up and your exhale to drive them down.

To better understand how BioDrive works, we encourage you to use the “HRV BioDrive Intro” protocol. This protocol will explain how to use BioDrive and how to maximize your heart rate variability (a key indicator of health).

### Step by Step:

- 1. Pulse Oximeter:** Ensure that the blue pulse oximeter is attached to the control knob. Insert your finger into the end cover. Look to the control box display and verify your pulse and blood oxygen levels are being read and displayed.
- 2. Activate BioDrive®:** Press the BioDrive® button on the control box to activate the system. This initiates a dynamic biofeedback loop.
- 3. Biofeedback Loop Engagement:** The system will now synchronize vibration intensity with your heart rhythm, increasing with a higher heart rate and decreasing as it drops.
- 4. Driving Vibrations with Breath:** As you initiate BioDrive®, it may take a few moments for your heart rate to synchronize with the pulsed pressure waves. Use your inhale to drive the vibrations up and your exhale to drive them down. Focus on maintaining regular inhales and exhales of around 4-6 seconds each. You are engaging in a process known as respiratory sinus arrhythmia (RSA). The more regular your breathing, the more coherence you create with your heart and Shiftwave.
- 5. Heart Rate Informed Vibration Track:** Activating the BioDrive® mode replaces a protocol's vibration track to heart rate-informed pulsed pressure waves, as per the BioDrive® algorithm. You can use it alongside the audio of any protocol.
- 6. Regular Use:** For enhanced benefits, use BioDrive® regularly to improve your Heart Rate Variability (HRV) and train your nervous system.

# Synthetic Sleep (SS) Protocols

## ► Synthetic Sleep®

Synthetic Sleep™ protocols (designated by “SS” in the name) create a deeply restorative state for both body and mind. Developed at Shiftwave Labs in Santa Barbara, Synthetic Sleep protocols drive human physiology to a deep state of rest and restoration akin to deep sleep. In deep sleep our bodies perform essential processes for maintaining a strong and healthy constitution. Studies have shown that during deep sleep, the human brain shrinks, opening up pathways so that cerebrospinal fluid can flush out toxins and metabolic byproducts. Beta amyloid and Tau proteins are two such toxins which accumulate in the brain and are associated with neurodegenerative diseases such as Alzheimer’s. The full 60 minute Synthetic Sleep™ protocol is ideal, but, if you have less time, you can stop any of the protocols early.

# Protocols - Beginner

Shiftwave			
Destination	Understand How Shiftwave Rebalances Your Autonomic Nervous System	Duration	5 and 10 minutes
Ratings	Relaxation - 5	Focus - 6	Regeneration - 5
<p>If this is your first time using Shiftwave, this is where you start. We can explain Shiftwave all day long, but the best way to understand it is to experience it. And then you'll likely have even more questions! This tutorial explains the Shiftwave system, and provides a visceral experience of the technology as you learn how it works. This protocol is also designed to be an extremely potent and rapid rebalancing of your autonomic nervous system, leaving you in a state of relaxed readiness.</p>			

Bedtime			
Destination	Ready to Sleep	Duration	7 minutes
Ratings	Relaxation - 10	Focus - 1	Regeneration - 1
<p>This seven minute long protocol induces a sleep state using vibro-acoustic hypnosis. Do it before bed to quickly transition into a restful sleep state. Or if you wake up at night, use it to get back to sleep.</p>			

Boost Your Day (Othership/ Larry Oz)			
Destination	Prime Yourself for a Great Day	Duration	18 minutes
Ratings	Relaxation - 5	Focus - 9	Regeneration - 10
<p>Need a boost? Want to get your energy up? Need to clear something from your system? This protocol, created in collaboration between Othership (download their app!) and LarryOz, uses elements of Kundalini and Tummo (Wim Hof) breathwork to oxygenate the body, boost your immunity, and clear whatever needs to be cleared from your system. It's energetic in nature and produces a similar result.</p>			



# Protocols - Beginner

HRV BioDrive® Intro			
Destination	Heart Rate Variability Maximization	Duration	7 minutes
Ratings	Relaxation - 5	Focus - 8	Regeneration - 8
<p>Want to learn about Heart Rate Variability (HRV) and how to use Shiftwave’s BioDrive mode? This protocol will explain HRV and how to use BioDrive. HRV is a key indicator of health, declining with age, stress, and poor sleep. This protocol uses Shiftwave’s patent pending BioDrive® technology to exercise your cardiopulmonary system to maximize heart rate variability. Check the score, at the end, to see the maximum HRV you achieved during your session. With higher scores, you enhance the communication between your brain and your body, increasing your ability to adapt to stress.</p>			

Day At The Beach			
Destination	Complete Relaxation	Duration	10 minutes
Ratings	Relaxation - 8	Focus - 4	Regeneration - 4
<p>Just as it sounds, this protocol will relax your body and give you a mini-vacay. You’ll enjoy relaxing on the beach, on a nice sunny day, and then cool off in the splashing surf, being left in a state of pure relaxation.</p>			

Evolver			
Destination	Harmony With Nature	Duration	10 minutes
Ratings	Relaxation - 7	Focus - 8	Regeneration - 6
<p>Narrated by Cate Blanchett this guided meditation brings your physiology into harmony with nature. The daily doses of stress we receive, whether from digital devices or just plain stressful lives leave us in an unnatural state. This protocol helps to guide your service back into the rhythms it was meant to be in nature.</p>			

# Protocols - Beginner

Get In The Zone			
Destination	The Zone		Duration 10 minutes
Ratings	Relaxation - 5	Focus - 8	Regeneration - 8
If you're looking to get your mind right and get in the zone, this protocol is for you. With a hip-hop beat, this experience takes you into the training room to prepare your nervous system for the game. By balancing and strengthening your nervous system, you'll be able to summon explosive energy when you need it and effortlessly slip into a recovery state to store up energy for the next burst. This protocol not only helps you get in the zone but also exercises your nervous system, expanding your zone and making it easier to enter and harder to be knocked out of.			

NeuroBoost			
Destination	Focus and Learning		Duration 9 minutes
Ratings	Relaxation - 5	Focus - 10	Regeneration - 5
Ready to get to work? Want to learn something? Need a quick push to get you into a flow state? This protocol takes you through a specific sequence to increase the neurochemicals in your brain that lead to neuroplasticity. Neuroplasticity is a neurological state where the mind is better able to learn and assimilate information.			

Quick Reset			
Destination	Quick Pick-Me-Up		Duration 4 minutes
Ratings	Relaxation - 2	Focus - 7	Regeneration - 8
Need a quick burst to get your day started? Just came out of a tough meeting and need to get your head in the game for the next one? Skip the cup of coffee and breathe along with this protocol to reset your nervous system and be ready for what comes next.			



# Protocols - Beginner

River Master			
Destination	Alignment and Stress Alleviation	Duration	15 and 25 minutes
Ratings	Relaxation - 9	Focus - 8	Regeneration - 9
A Shiftwave classic, take a trip down the river to de-stress and reset the nervous system. A research study at Tulane Medical School demonstrated River Master to neutralize stress, reduce anxiety, and increase cognitive function. It's common for this routine to clear out blockages that keep us from living up to our full potential. Allow Shiftwaves to release any internal burdens and neutralize your stress. This protocol is the current gold standard introduction to the Shiftwave system and provides for a complete nervous system rebalance and a better-than power nap using Shiftwave's patent pending Synthetic Sleep®.			

Stress R & R			
Destination	Stress relief and restoration	Duration	35 minutes
Ratings	Relaxation - 9	Focus - 8	Regeneration - 8
This explains how Shiftwave works, flushing stress from the system, reducing pain and inflammation in the body, and restoring prefrontal cortex function. The protocol was created for helping aid workers and refugees in Ukraine. It combines the 10 minute long introduction and River Master.			

Controlling the Controllables			
Destination	Focus and confidence	Duration	10 minutes
Ratings	Relaxation - 5	Focus - 6	Regeneration - 5
Exclusive sports psychology protocol for athletes at the Paris Olympics.			



# Protocols - Beginner

Relax			
Destination	Complete relaxation		Duration 20 minutes
Ratings	Relaxation - 10	Focus - 4	Regeneration - 9
<p>This protocol begins with a guided meditative body scan, then transitions into deep rest with Synthetic Sleep. Gentle pulsed pressure waves align your physiology, calming distracting thoughts and fully relaxing both body and mind, making it the perfect 20-minute regeneration.</p>			



# Protocols - Intermediate

Core Performance			
Destination	Optimized Physical Performance	Duration	12 minutes
Ratings	Relaxation - 2	Focus - 4	Regeneration - 9
<p>Inspired by the Prague School's Dynamic Neuromuscular Stabilization, this protocol synchronizes breath, body, and the central nervous system to improve overall physical performance and to protect against injury by optimizing the muscular patterns underlying all movement in the body's core. Top athletes perform well, but also aim to remain injury-free. A strong and coordinated core can protect against injury and improve performance. Use this protocol before training or physical activity to help rewire the nervous system for enhanced performance.</p>			

Core Recovery			
Destination	Recover and Detoxify Your Body	Duration	60 minutes
Ratings	Relaxation - 8	Focus - 5	Regeneration - 10
<p>Want to get your fluids moving? Stir up any stagnant systems? Crank up this lymph and muscle massage protocol and reinvigorate your entire system. Dial it down and feel the subtle tickling of electrochemical stimulus running from your mechanoreceptors through your neurological system all the way to your prefrontal cortex.</p>			

Daily Resilience			
Destination	Stress Resilience	Duration	5 minutes
Ratings	Relaxation - 6	Focus - 7	Regeneration - 7
<p>Studies have shown that daily activation of the sympathetic nervous system for 5 minutes can strengthen your insular cortex, the brain center where your internal environment is matched to the needs of the outside world. The first brain area scientifically shown to grow with a daily mindfulness practice, the insular cortex not only helps the inner world of the body relate to the outside world, it also assists in regulating and calming the inner environment. By strengthening the insular cortex, the ability to control how the outside world affects the inner state is improved, and resilience to stress is enhanced.</p>			



# Protocols - Intermediate

Das Optimizer (Pre Game)			
Destination	System Optimization	Duration	20 minutes
Ratings	Relaxation - 2	Focus - 10	Regeneration - 8
<p>The Fire Department and Special Operations Forces requested a protocol that left them fired up and ready to go. Das Optimizer activates the neural pathways, stimulates the cardiopulmonary system, and drives the body's systems to work in concert. In a funk and need a little extra kick to get you going? This protocol is for you. Before an event, a presentation, or a competition, optimize your position on the arousal vs performance curve by shifting into a state of controlled activation.</p>			

Deep Love			
Destination	Neuroscience Love Discovery	Duration	8.5 minutes
Ratings	Relaxation - 8	Focus - 8	Regeneration - 5
<p>Using the healing power of touch to connect you with a deep sense of love. Based on neuroscience, this heart-opening protocol helps you bridge the connection between the external and the internal world. Using guided meditation, this protocol allows you to discover the deep feeling of love for someone.</p>			

Disco Nap			
Destination	Power Nap	Duration	10 and 20 minutes
Ratings	Relaxation - 8	Focus - 8	Regeneration - 9
<p>Combining the power of progressive relaxation and Synthetic Sleep, this protocol is the ultimate power nap. Use it when you need a quick recharge to prepare for a long day, or night. Disco Nap uses a combination of Synthetic Sleep and progressive relaxation to completely relax the body and restore the mind. As one of our Special Forces users put it: "It's the power nap that actually delivers."</p>			



# Protocols - Intermediate

For Kids			
Destination	Children's protocol to assist with Focus and Concentration	Duration	14 minutes
Ratings	Relaxation - 7	Focus - 9	Regeneration - 6
<p>A distracted mind leads to poor behavior and difficulty concentrating. This protocol takes kids on a space mission to save a sinking base station on the planet Aqualaxia. Kids are guided through breathwork to power their special ship. This protocol, in combination with Shiftwaves, improves autonomic nervous system balance leading to a relaxed body and a focused mind. There are two options, full power at 100%, or the option to limit the protocol to 60%.</p>			

Guided Alignment (Othership/LarryOz)			
Destination	Transformation	Duration	60 minutes
Ratings	Relaxation - 5	Focus - 9	Regeneration - 9
<p>Adapted and in collaboration with the Othership Breathwork app, this protocol takes you on a multiphase breathwork series to systematically release each of the chakras. The result is truly transformational, and be prepared to work for it. The Othership app has hundreds of other breathwork routines that we at Shiftwave highly recommend trying. You can even listen to the breathwork routines in the Othership app while in the Shiftwave with BioDrive mode active.</p>			

Mount Bliss			
Destination	Brain Rebalancing	Duration	60 minutes
Ratings	Relaxation - 8	Focus - 5	Regeneration - 9
<p>This protocol uses a combination of Synthetic Sleep, holotropic breathwork, and mechano-neurostimulation to restore and optimize the body while upregulating parts of the brain deactivated by stress and anxiety. As Shiftwaves align the physiology into a fully optimized state, the brain follows suit and leads you into a deep and sustained state of meditation. Matching the pulsed pressure waves closely with your breath will lead you to an euphoric state of bliss.</p>			



# Protocols - Intermediate

Ride The Tiger			
Destination	Flow State	Duration	15 and 25 minutes
Ratings	Relaxation - 6	Focus - 10	Regeneration - 8
Another Shiftwave classic, journey to a mythical planet where you will HALO drop into a far-away jungle to enter into a state of enhanced mental acuity and physiological readiness. Your mission is to unite the mind and body to release the tiger within.			

SS Pure SS			
Destination	Deep Sleep Supplement	Duration	60 minutes
Ratings	Relaxation - 9	Focus - 3	Regeneration - 8
This is a no-frills Synthetic Sleep protocol designed to put you into a similar state as deep sleep. Deep sleep has deeply restorative effects for the mind and body. Synthetic Sleep is a great way to catch up on some sleep, make up for a restless night, or top off the batteries before making another push. This protocol drops you right into Synthetic Sleep. As with any of the Synthetic Sleep protocols, do as much of this one as you have time for—if you just have 15-minutes, then just do 15. Some customers actually want to sleep in their Shiftwave. If this is the case, we recommend using SS Pure SS with the “Loop” feature turned on in the settings page.			

Stay Cool			
Destination	Stress Resilience Training	Duration	18 minutes
Ratings	Relaxation - 6	Focus - 9	Regeneration - 9
Developed for firefighters to train their nervous systems to remain calm, cool, and collected in order to make solidly-considered decisions in the line of duty, Stay Cool uses Shiftwave to build a pattern of calm resilience in the face of danger. In addition, the protocol offers 10 minutes of Synthetic Sleep to help make up for the sleep patterns first responders often experience that have been shown to cause performance decreases and long term health problems.			



# Protocols - Intermediate

Stress Relief			
Destination	Stress Alleviation	Duration	25 minutes
Ratings	Relaxation - 10	Focus - 7	Regeneration - 7
Based on the classic River Master, this protocol combines the pleasing sounds of water with a sequence of pulsed pressure waves to wash stress from your system. Without any voice instruction, go on your own journey.			

Self Love by Othership			
Destination	Self Discovery Through Your Breath	Duration	29 minutes
Ratings	Relaxation - 5	Focus - 8	Regeneration - 7
Self Love by Othership takes you on a journey of self love and self discovery using the power of your own breath. Harry and Mandy from Othership take you guide you through different breathing patterns and extended breath holds while learning the 4 pillars of Self Love. A fantastic protocol to start your day.			

Rapid Relief			
Destination	Relax and Let Go	Duration	10 minutes
Ratings	Relaxation - 7	Focus - 5	Regeneration - 7
Experience a swift, revitalizing 10-minute session with Rapid Relief. This unique protocol flips the traditional breathing patterns, instructing you to exhale as pulsed pressure waves intensify, and to inhale as they fade. This inversion effectively challenges and trains your nervous system to downregulate amidst the stimulating effect of the pulsed pressure waves —think of it as resistance training for your nervous system. Engaging the musculoskeletal and pulmonary systems, this protocol enhances blood flow and mobilizes sticky inflammation to accelerate recovery.			



# Protocols - Advanced

Chill Activate			
Destination	Relaxed and Focused		Duration 5, 15, 30 minutes
Ratings	Relaxation - 9	Focus - 9	Regeneration - 4
<p>Having a deeply relaxed body yet a focused &amp; activated mind is a unique dual state. Using shifting patterns of pulsed pressure waves, these protocols increase the parasympathetic nervous system activation, leaving your body in a relaxed state. Simultaneously, the patterns in conjunction with the music increase focus in the mind. This protocol has no voice instructions, so requires previous Shiftwave training. Make sure &amp; pay attention to the nuances of the pulsed pressure waves as you align breathing to the waves.</p>			

Sensorial			
Destination	Brain Stimulation		Duration 15 minutes
Ratings	Relaxation - 8	Focus - 5	Regeneration - 7
<p>Explore the full sensorial power of Shiftwave with this protocol that tantalizes the senses to stimulate the mind. Cross-body stimulation enhances communication across the brain's hemispheres and pleasurably enhances neuroplasticity and balances the energy between sides of the body. Prepare to be cradled and gently rocked into alignment with this unique protocol that builds gradually in complexity.</p>			

Longevity			
Destination	Physiological Exercise and Longevity Enhancement		Duration 40 minutes
Ratings	Relaxation - 6	Focus - 7	Regeneration - 7
<p>The Longevity protocol capitalizes on the deep scientific learnings from the Shiftwave Institute to drive and exercise physiology to improve longevity. The protocol starts with 10 mins of breath-work to synchronize diaphragmatic breathing with the central nervous system. Once you are trained to breathe properly, the system utilizes proprietary Shiftwave pulsed pressure waves to drive the entire body and mind into a state of resonance. In this state, the autonomic nervous system is balanced, vasculature is exercised, the cardiopulmonary system is synchronized and neurological systems (including the brain) are activated. This protocol is a complete, inside-out, workout that will leave you feeling ready for anything. Your data over time will indicate improvement in key indicators of wellness.</p>			



# Protocols - Advanced

Labyrinth			
Destination	To Work Through Some Shit	Duration	30 minutes
Ratings	Relaxation - 3	Focus - 8	Regeneration - 1
Shiftwave can be relaxing and it can be stimulating, both have their places. This protocol is much more stimulating, and in doing so can cause things to come up. Can you navigate your internal self to make discoveries to free yourself from your own inner Labyrinth. Extra challenge, can do so while maintaining a balanced nervous system.			

Soul Survivor			
Destination	Resilience Training	Duration	18 minutes
Ratings	Relaxation - 3	Focus - 8	Regeneration - 9
In this high-intensity resilience-training protocol you'll tromp through a blizzard to a rustic mountain cabin. Enter this sanctuary to warm your body and soul, by the fire, to fully activate your nervous system so that you can not just survive, but thrive.			

Vitality & Immunity			
Destination	Cardio & Immunity Boost	Duration	20 minutes
Ratings	Relaxation - 5	Focus - 8	Regeneration - 10
Inspired by the Kundalini, Tummo, and Wim Hof breathing traditions, this protocol will strengthen your cardiopulmonary system, boost immunity and energize the entire body. Practitioners of these modalities show immediate gains in their breath-hold times and gain extraordinary control of their physiology. For beginners to breathwork, this protocol will immediately elevate you to an advanced breathing technique.			



# Protocols - Advanced

SS Meditate 15/30			
Destination	Balanced Mood and Deep Sleep Supplement	Duration	15 and 30 minutes
Ratings	Relaxation - 7	Focus - 7	Regeneration - 9
<p>By popular demand, we've created a 30-minute version of SS Meditate. This protocol has a similar overall effect, however there is less of the deeply restorative synthetic sleep.</p> <p>*(This is currently our most popular Synthetic Sleep protocol.)</p>			

SS Meditate 60			
Destination	Balanced Mood and Deep Sleep Supplement	Duration	60 minutes
Ratings	Relaxation - 8	Focus - 8	Regeneration - 10
<p>Want to have a great day feeling at ease and confident, enjoying a positive outlook on life? Then this is the protocol for you! Enjoy the calm centering experience of vibro-assisted meditation, experiencing a surprising pleasure and ease to the practice of mindfulness. In this protocol, Shiftwaves not only align your physiology but also engage the salience network of the brain, assisting your brain to calm distracting thoughts and maintain gentle focus on the here and now. Afterwards, enjoy the spillover effects of this protocol as you go about your day.</p>			

SS Nature			
Destination	Deep Restoration using Sleep Restoration	Duration	60 minutes
Ratings	Relaxation - 9	Focus - 4	Regeneration - 9
<p>A major breakthrough at the Shiftwave Institute, Synthetic Sleep puts you in a deeply restorative state. Not getting enough sleep? Feeling the need to be completely restored? Listen to the sounds of nature and let this protocol detox and flush your system from head to toe.</p>			



# Protocols - Expert

SS Nature (Advanced)			
Destination	Deep Restoration using Synthetic Sleep	Duration	60 minutes
Ratings	Relaxation - 9	Focus - 1	Regeneration - 10
For the more advanced user, this protocol slows the rhythm of your physiology to put you in a deeply restorative state. For your physiology to track the pulsed pressure wave patterns you will likely need to train up to this protocol. That is unless you're a freediver or breathwork expert.			

SS Bubbler			
Destination	Deep Sleep Supplement	Duration	77 minutes
Ratings	Relaxation - 9	Focus - 0	Regeneration - 10
The longest of the Synthetic Sleep protocols, SS Bubbler will drive you into deep restoration. And if you love the sound of bubbles, then this protocol is for you!			



