



SHIFTWAVE®

Sleep Protocol Guide

Supporting the system that
sleep depends on



**Sleep follows state.
And state is something the body has to shift into.**

This guide provides a structured way to use Shiftwave across your routine — supporting that shift before bed, during disruption, and over time.

Before Bed

Goal: Help the system move from activation → recovery.

These protocols are not designed to “make you sleep.”

They support the transition your body needs before sleep becomes accessible.

Guidelines:

Lower intensity only

Avoid activating breathwork

Protocol	Duration	Notes
Bedtime	🕒 07 min	Your nightly anchor
Relax	🕒 20 min	Deeper wind-down
Day at the Beach (under 50%)	🕒 10 min	Low intensity calming
Evolver (under 50%)	🕒 10 min	Gentle transition

Training Your Sleep

Goal: Build repeatable system behavior, not just one-off sleep.

These protocols are designed to be experienced in sequence, building the system’s capacity to transition into recovery over time.

Guidelines:

Daily or near-daily use.

Not tied strictly to bedtime.

Builds regulation capacity.

Protocol	Duration	Notes
Sleep Optimization Series (SOS) 1	🕒 10 min	Ease tension and settle the body
Sleep Optimization Series (SOS) 2	🕒 20 min	Transition into recovery
Sleep Optimization Series (SOS) 3	🕒 30 min	Build consistent system rhythm
Sleep Optimization Series (SOS) 4	🕒 45 min	Deepen recovery capacity
Sleep Optimization Series (SOS) 5	🕒 60 min	Extends and stabilizes recovery

Synthetic Sleep® Protocols

Goal: Support deeper recovery states when sleep is limited, disrupted, or not easily accessible.

Synthetic Sleep® protocols are designed to support states associated with deeper physiological recovery. They help the body settle and reorganize when sleep alone hasn't been enough. They are not a replacement for sleep, but a form of sleep insurance that supports recovery when sleep is compromised.

Often used after a poor night of sleep, or during the day when additional recovery is needed.

Protocol	Duration	Notes
Disco Nap	🕒 20 min	Best option for daytime recovery
Mount Bliss	🕒 60 min	Supports deep calm
Relax	🕒 20 min	Supports body-mind calm
Sleep Optimization Series (SOS) 2	🕒 10 min	Transition into recovery
Sleep Optimization Series (SOS) 4	🕒 45 min	Deepens recovery capacity
SS Meditate	🕒 30–60 min	Extended recovery session
SS Nature	🕒 60 min	Set to a natural soundscape
SS Pure SS	🕒 60 min	Ideal for looping rest sessions
Stay Cool	🕒 18 min	Supports a calmer baseline & recovery
Total Vitality	🕒 25 min	Supports recovery and resilience

How It All Works Together

Sleep is the result of how the system moves throughout the day.

This guide is designed to support that process across different situations:

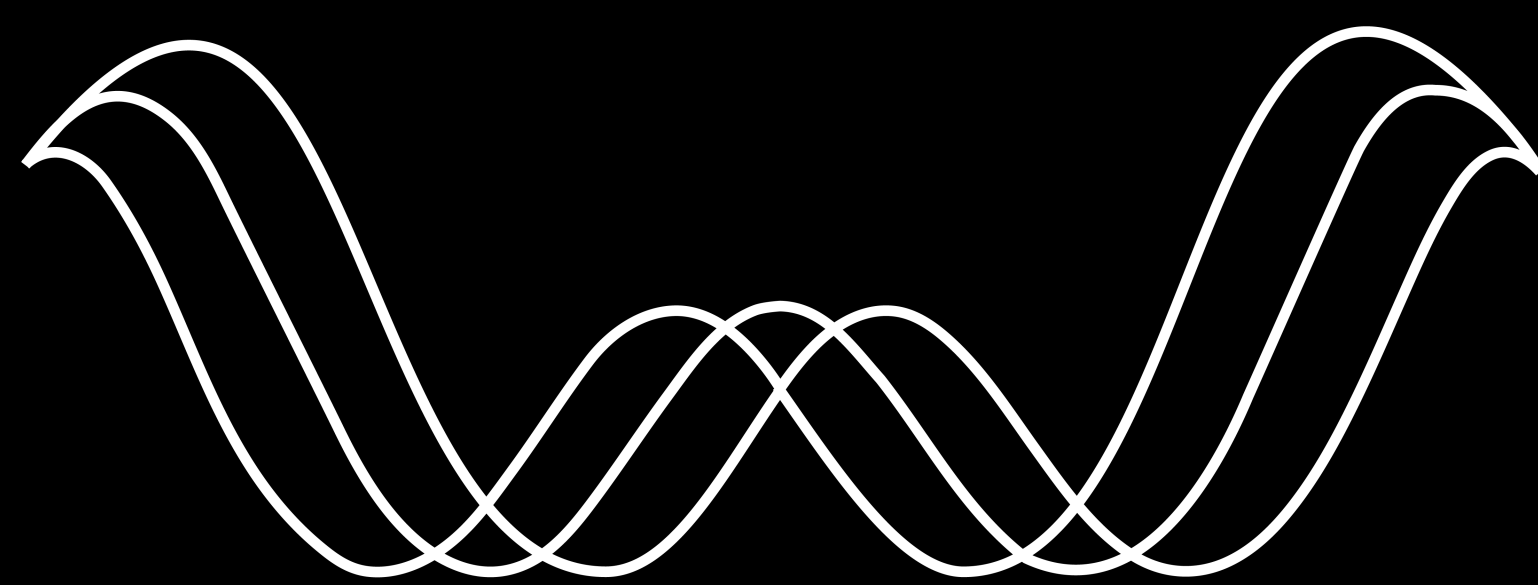
- **Sleep Optimization (SOS)** builds consistency over time
- **Before Bed** supports the nightly transition into recovery
- **Sleep Insurance (Synthetic Sleep®)** supports recovery when sleep is disrupted

Used together, they create a more stable and repeatable system.

The goal isn't perfection. It's consistency.

And over time, that consistency changes how the system responds, making sleep feel less dependent on conditions, and more available when you need it.





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