



Relax.
Restore.
Renew.

Imagine a day, or even a moment, when you:

- Did not feel pressured by time
- Could focus on a single task without distraction
- Could easily shake off the experiences that typically agitate you

Days like these are possible if you figure out a way to prevent stress from sabotaging your energy, productivity, mood, and health.

One of the most important things you can do to manage stress, improve your health, and perform at your best is to take a few minutes each day just for yourself.

Introducing NuCalm®

NuCalm® gives you the power and control to slow down and recharge when you need it. NuCalm is a patented technology that uses clinically proven neuroscience to guide you to deep relaxation – allowing your mind and body to naturally relax, restore, and renew.

With NuCalm you get all the benefits of meditation without the effort or discipline required to create a “mind at ease”. By naturally reducing stress, you give yourself the gift of:

- Improving your focus
- Increasing your productivity
- Improving your decision making
- Improving your mood
- Strengthening your immune system
- Improving your heart health
- Improving your sleep quality
- Slowing your aging process

“You could just tell that these guys were just more relaxed and they would tell me that. We want our players to play ‘intense’ not ‘tense’ and NuCalm is a way for them to just relax and deal with frustrations. NuCalm was very beneficial because it clears your head and allows you to start from scratch. The crucial part of this game is recovery. That’s why I think NuCalm played an important role for us, especially during the playoffs.”

— Mike Gapski, Head Trainer of the Chicago Blackhawks – 2015 and 2013 Stanley Cup Champions