

Proteus Sessions

	Ses. #	Category	Length	Name	HZ	Target Brain Wave
Beta	0	Random Session	varies	Pull-out-the-stops		
14 to 40	1	Peak Performance	20	Power Regenerator	24	High Beta
Alpha	2	Peak Performance	18	Performance Intensive	16 to 25	High Beta
8 to 13	3	Peak Performance	15	Quick Break	16 to 30	High Beta
Theta	4	Peak Performance	15	Power Pause	8 to 28	High Beta
4 to 8	5	Peak Performance	17	Athletic Warm Up	20 to 8	High Beta
Delta	6	Peak Performance	30	Peak Composure	10 to 23	Beta
0.5 to 3	7	Tranquility	15	Quick Work Break	10 to 20	Beta
	8	Tranquility	25	Mind Sauna	4 to 24	Beta Alpha Theta
	9	Tranquility	16	Quick Refresher	4 to 16	Alpha
	10	Tranquility	35	Regeneration	2 to 24	Beta Theta
	11	Tranquility	60	Deep Meditation	2 to 10	Alpha Theta
	12	Tranquility	15	Tranquility 15	6 to 9	Alpha Theta
	13	Tranquility	25	Tranquility 25	6 to 9	Alpha Theta
	14	Tranquility	35	Tranquility 35	6 to 9	Alpha Theta
	15	Tranquility	45	Tranquility 45	6 to 9	Alpha Theta
	16	Tranquility	60	Tranquility 60	6 to 9	Alpha Theta
	17	Learning	10	Quick Alertness	8 to 24	Alpha Beta
	18	Learning	35	Learning with Tapes	8 to 24	Alpha Beta
	19	Learning	15	Relax before Exams	8 to 20	Alpha Beta
	20	Learning	15	Concentration	7 to 24	Alpha Beta
	21	Learning	20	Creativity Enhancement	10 to 24	Alpha Beta
	22	Learning	20	Visualization	8 to 30	Alpha Beta
	23	Learning	15	MindLab Learn 15	4 to 12	Alpha Theta
	24	Learning	25	MindLab Learn 25	4 to 6	Theta
	25	Learning	35	MindLab Learn 35	3 to 6	Theta
	26	Learning	45	MindLab Learn 45	3 to 6	Theta
	27	Learning	60	MindLab Learn 60	3 to 6	Theta
	28	Well-being	25	Mind/body Awareness	4 to 16	Theta Alpha
	29	Well-being	22	Afternoon Break	2 to 20	Theta Alpha Low Beta
	30	Well-being	25	Deep Relaxation	4 to 10	Alpha Theta
	31	Well-being	18	Goodnight	4 to 2	Low Theta Delta
	32	Well-being	25	Release the Day	4 to 24	Theta Alpha Beta
	33	Visualization	15	MindLab Visualize 15	5 to 12	Alpha
	34	Visualization	25	MindLab Visualize 25	4 to 12	Alpha
	35	Visualization	35	MindLab Visualize 35	4 to 20	Theta Beta
	36	Visualization	45	MindLab Visualize 45	4 to 20	Theta Beta
	37	Visualization	60	MindLab Visualize 60	4 to 20	Theta Alpha Beta
	38	Energizing	15	MindLab Energize 15	8 to 6	Alpha Low Beta
	39	Energizing	25	MindLab Energize 25	8 to 18	Alpha Low Beta
	40	Energizing	35	MindLab Energize 35	8 to 18	Alpha Low Beta
	41	Energizing	45	MindLab Energize 45	8 to 18	Alpha Low Beta
	42	Energizing	60	MindLab Energize 60	8 to 18	Alpha Low Beta
	43	Deep Rest	15	Catnap 1	6 to 1	Theta Delta
	44	Deep Rest	25	Catnap 2	6 to 1	Theta Delta
	45	Deep Rest	35	Lunch Break 1	7 to 1	Theta Delta
	46	Deep Rest	45	Lunch Break 2	8 to 1	Theta Delta
	47	Deep Rest	60	Night Voyage	7 to 2	Theta Delta
	48 & 49	Pyrotechnics		Pure Entertainment 1 & 2		