



Got questions? We've got answers.
Check out our FAQ at BrainwaveShots.com,
or email us at support@brainwaveshots.com

BRAINWAVE SHOTS

THE QUICK START GUIDE

BRAINWAVE SHOTS

Brainwave Shots can help you change your state of mind – in just minutes. Just listen for instant boosts of brain power, relaxation, confidence & more!

Brainwave Shots are audio files, which use special 'brainwave sounds' to influence your current state.

There are 35 shots available in the entire Brainwave Shots range, including shots for improving creativity, focus, alertness, happiness, success, and more.

How to Use Brainwave Shots

It's easy to get started.

Firstly, download your Brainwave Shots audio MP3 from your account page. You can download the 15- or 30-minute version.

Then hit play, close your eyes, and listen!

That's all there is to it.

The audio will automatically get to work, gently influencing your brainwaves and bringing about the desired state – all in just minutes!

The effects will typically last between four hours and the rest of the day.

Other Stuff You Should Know

The 15-minute version will give you the quickest results.

The 30-minute version will provide a more intense and lasting experience. Listen to whichever you prefer.

You don't need to use headphones or earbuds, however these will generally increase the effectiveness of the audio.

You can listen again, within moderation, to enhance the results.

Some sessions can be played on repeat indefinitely:

- Learning Shot
- Focus Shot
- Creativity Shot
- Pain Relief Shot

Some sessions can be played with your eyes open:

- Brain Power Shot
- Learning Shot
- Focus Shot
- Happiness Shot (closed is recommended)
- Motivation Shot
- Euphoria Shot
- Morning Caffeine Shot
- Alert Shot
- Performance Shot (closed is recommended)
- Gym Shot
- Energize Shot
- Confidence Shot
- Party Shot
- Success Shot

Brainwaves-Only Version

There's also a brainwave-only version of each Brainwave Shot. This contains the pure 'brainwave entrainment' with minimal backdrop noise.

To use this, simply play as above. You can listen to it 'raw' as is, or you can play your own music over it. The more audible the brainwave audio, the better the results you will achieve.

Warnings & FDA Disclaimer

You should not listen to Brainwave Shots audio while operating machinery. Additionally, do not listen if you have epilepsy.

For full warnings and our FDA disclaimer, visit brainwave.com/disclaimer