

YOUR BEST BRAIN AWAITS...

*Are you ready to
unleash it?*



Five Brainwave Frequencies and Why They Matter

Brainwaves are the rhythms your brain creates as you process the world around you. There are five main brainwave frequencies—*delta*, *theta*, *alpha*, *beta*, and *gamma*—and each one is essential, activating neurotransmitters that influence how you think and feel. For example, slower brainwaves like *delta* aid deep sleep and relaxation, while faster ones like *beta* and *gamma* enhance focus and learning.

When your brain is optimized, it produces a *harmonic flow* between all brainwaves. However, stress disrupts this harmony, destabilizing emotions and undermining health.

Brainwaves are vital because they influence mental clarity, emotional balance, and resilience, directly impacting your thoughts, feelings, and actions.



From Chaos to Calm



In today's fast-paced world, stress is no longer an occasional hurdle—it's a constant companion. Every day, your brain is bombarded with information and distractions, leaving little room for you to rest or recharge.

BrainTap gives your brain the break it needs to recharge, reset, and get back to peak performance.

This chronic overload disrupts brainwave activity and drains your mental energy, leaving you feeling tired, tense, or unfocused. BrainTap is your lifeline. In just a few minutes a day, BrainTap helps you take control of stress and reclaim your mental power.

2.



What is BrainTap?



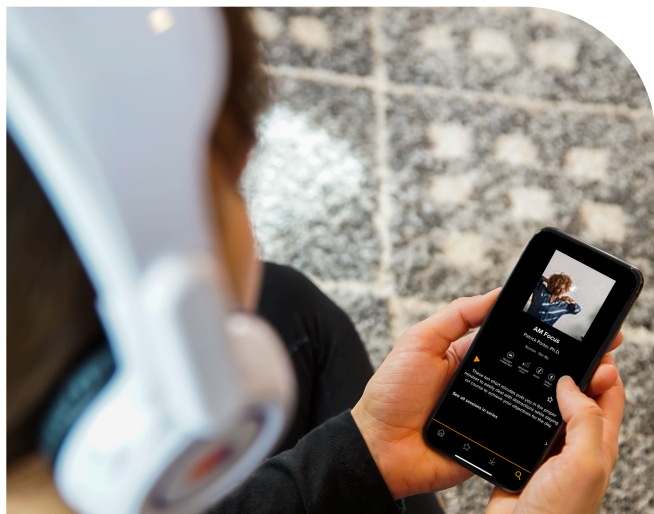
BrainTap is the ultimate tool for resetting and optimizing your brain. It uses exclusive *neuro-sensory algorithms* to gently guide your brainwaves through different stages of relaxation, focus, and clarity.

By combining sound, light, and guided meditation, BrainTap puts you in a state of deep relaxation while unlocking your mental power. Whether you're looking to boost your energy, sharpen your focus, or sleep better, BrainTap delivers results in just 20 minutes.

BrainTap is the only brain optimization tool designed to create full-spectrum brainwave activity for a brain that's both resilient and focused.

The Brain Fitness Mobile App

With over 2,000 guided sessions at your fingertips, you can boost your energy, reduce stress, and recharge your brain—anytime, anywhere. Each session simulates a full cycle of sleep, giving you the rejuvenation you need to perform at your best.



The Brain Fitness mobile app gives you a personal brain coach right in your pocket.

Categories include:

- ✓ Athletic Excellence
- ✓ Learning (Children & Adults)
- ✓ Life-Mastery
- ✓ Menopause Relief
- ✓ Pain Relief
- ✓ Sleep RX
- ✓ Vibrant Health
- ✓ Wealth Consciousness
- ✓ Weight Loss Support
- ✓ ***So much more!***

Use any earphones, or elevate your mental sharpness and concentration with the BrainTap headset.

The BrainTap Headset

BrainTap's cutting-edge headset is the key to unlocking your full mental potential. Its design uses light and sound to fully engage your brain, leading you into a deep state of relaxation and focus.

The visor and earphones deliver pulses of light that calm the nervous system and stimulate beneficial brain activity, while the sound frequencies gently harmonize your brainwaves. This combination creates a powerful, immersive experience that leads to fast, lasting results.



Comfortable and easy to use, the BrainTap headset is your personal go-to solution for stress relief, optimized sleep, and sharper focus.

How Does BrainTap Work?

BrainTap works by combining sound and light frequencies to guide your brain into a state of deep relaxation and focus. Each session takes you through specific brainwave optimizing patterns that unlock clarity, energy, and creativity.



In just 20 relaxing minutes, BrainTap shifts your brain into a state where it performs at its best. Whether you need to relax, recharge, or focus, BrainTap delivers results that last.

Unlike other stress management tools, only BrainTap produces *full-spectrum brainwave activity*—for unprecedented brain performance.

Benefits of an Optimized Brain

Imagine waking up refreshed, focused, and ready to tackle whatever comes your way. BrainTap can make that a reality, delivering benefits you'll notice right away and that get even better over time:



- ✓ Deep, restorative sleep
- ✓ Instant stress relief
- ✓ Elevated mood and emotional balance
- ✓ Faster learning and better memory
- ✓ Energized body and mind
- ✓ Enhanced creativity
- ✓ Peak brain performance

BrainTap helps you unleash your best self—more present, productive, and resilient.

What Does the Research Say?

BrainTap isn't just a wellness trend—it's backed by science. Research shows that BrainTap's neuro-sensory technology helps improve brain function, reduce stress, and enhance mental performance.

Studies conducted at universities and brain labs reveal that BrainTap can increase brain coherence, promote deep sleep, and even stimulate brain growth. With BrainTap, you're not just feeling better—you're building a stronger, more resilient brain.

In a Single Session...

- ✓ 38.5% Improvement on the stress index scale
- ✓ 27.3% Improvement on overall neurological markers
- ✓ Increased heart rate variability

– Global Advances in Health and Medicine Vol. 9, 2020



In 12 separate studies, BrainTap has been proven to enhance brain fitness and wellbeing.

Your Brain is Built to Do the ***Extraordinary***

Now you can unlock your brain's potential to bring calm, focus, and energy into your everyday life. Don't let stress and overwhelm hold you back—each BrainTap session can help you achieve a more balanced, energized, and powerful brain.

Ready to take control of your life? Your best brain awaits!

Visit **www.braintap.com** to take advantage of our **14-day FREE TRIAL** – or go all-in with our **Power Bundle**, including the BrainTap Headset, an annual subscription, and our 45-Day Satisfaction Guarantee.



Interested in BrainTap for Your Practice or Business?

Call our partner hotline at **252-888-4306** or visit **braintap.com/partner-program** to learn how our growing network of professional partners have transformed their businesses with BrainTap.



©BrainTap, Inc.
2025 - All Rights Reserved