

# When to Use Itsu Sync

Each Itsu Sync CD is best listened to, matching your closest dominant brainwave state. This means you should listen to the CD that can best benefit the state of mind or activity you are in at that time. You should listen to all the Itsu Sync system CDs to benefit all areas of your brain. This will give you quicker results for any single area, providing the best type of brain entrainment. The healthiest type of brain is a fully balanced one.

The best times to listen to the CDs are as follows.

**Itsu Sync Delta/Theta:** This CD is primarily associated with sleep and you should listen to it before you are planning on going to sleep. It is also suitable if you are about to take a nap.

**Itsu Sync Alpha:** The Alpha CD is best listened to in the morning when you first wake up. You can also choose to listen to it during the day when you are relaxing.

**Itsu Sync Beta:** You can listen to the Beta CD anytime throughout the day, while working, studying or performing other busywork. Avoid listening to it in the evening before bed.

**Itsu Sync Gamma:** Like the Beta CD you can listen to the Gamma CD anytime during the day, while working, studying or performing other types of busywork. Avoid listening to it in the evening before bed. You should also use the Delta/Theta, Alpha and Beta CDs in combination with the Gamma CD for optimum results, as all the lower brainwaves are needed to support gamma brainwaves.

## How often should I listen to Itsu Sync?

You should listen to one track of each CD daily. For example you could;

- listen to the Alpha CD in the morning
- listen to the Beta CD in the late morning or around noon
- listen to the Gamma CD in the early afternoon
- listen to the Delta/Theta CD in bed before falling asleep.

If you only have time to listen to one CD daily it should be the Alpha or the Delta/Theta. Choose the one you are finding the best results with.

# FAQs

## Can I listen to 1 CD multiple times a day?

Yes you can listen to a single CD several times in a day. This is suggested if you are using Itsu Sync for a specific issue, for example if you are having sleep problems you should listen to the Delta/Theta CD several times before going to sleep. Listening to any Itsu Sync CD multiple times, even Beta and Gamma, may fatigue you. Brainwave entrainment like Itsu Sync works the mind like a muscle and can be tiring.

## How quickly does Itsu Sync work?

Everyone is different so their experiences will differ but usually people will start to feel some effects within 5-10 minutes of listening to their first CD. Long-term effects of Itsu Sync are noticed after prolonged daily use.

## Do I need to use a headphone set?

Yes, the science behind binaural beats requires you to use a headphone set.

## Can someone with hearing loss use Itsu Sync? How loud should the volume be to listen to Itsu Sync?

Even if you suffer from hearing loss you will receive the benefits of Itsu Sync as the vibrations are carried through the ear canal to the brain. The volume can be low to medium.

If you have any other questions feel free to contact us.

## Precautions

If you suffer from epilepsy and are prone to epileptic seizures we recommend that you do not use Itsu Sync or other types of binaural beats or audio stimulation programs before consulting your doctor.

For everyone else Itsu Sync is perfectly safe to use.



Advanced Brainwave Entrainment



User Manual and Guide

[www.ItsuSync.com](http://www.ItsuSync.com)

Email: [support@itsusync.com](mailto:support@itsusync.com)

Phone: 1 (360) 355 -8167

1 (778) 736-0261

# How To Use Itsu Sync

For the best results you should listen to each Itsu Sync CD in a calm quiet environment, without any distractions. Lay down on your bed/couch, or sit back in a comfortable chair. You will want to be in a very comfortable position and stay totally relaxed for the 15 minutes duration and listen to Itsu Sync with your eyes open or closed.

You should listen with your eyes open 50% of the time and with your eyes closed 50% of the time. This effect will work your brain in different ways so it is important that you do both. For example on Monday you can listen to all the CDs with your eyes open, while on Tuesday you listen only with your eyes closed.

Relax your body and mind. As you are lying or sitting comfortably, your body should already be relaxed. Relaxing your mind can be a tricky concept, and ties heavily into basic meditation techniques. To keep your mind relaxed you need to avoid actively thinking of things, and to focus on listening to the music. You will naturally have thoughts but don't focus on them. Let your thoughts enter in and out of your mind and imagine you are just watching your thoughts pass by, like watching people walking down a busy street. You can see them, and hear them talking, but are not engaging with any of them. By focusing on the music this technique will become easier.

Following these techniques will give the best results, although you can also listen to Itsu Sync while engaging in activities. This is especially useful when listening to the Beta and Gamma CDs while working or studying. Just be sure that you are in a reasonably quiet environment so other sounds will not interfere with your listening.

## What Track should I listen to?

We suggest listening to only 1 track from each CD daily, but you are free to listen to the same track multiple times. This means on Monday you listen to track 1, on Tuesday track 2, Wednesday track 3, Thursday track 4, Friday track 1, etc.

# Sample Full Week Schedule for Using Itsu Sync

The schedule below will show how you would listen to Itsu Sync over an 8 day period.

Day Time	Early Morning	Noonish	Afternoon	Evening
Monday	Alpha track 1 eyes closed	Beta track 1 eyes closed	Gamma track 1 eyes closed	DeltaTheta track 1 eyes closed
Tuesday	Alpha track 2 eyes open	Beta track 2 eyes open	Gamma track 2 eyes open	DeltaTheta track 2 eyes open
Wednesday	Alpha track 3 eyes closed	Beta track 3 eyes closed	Gamma track 3 eyes closed	DeltaTheta track 3 eyes closed
Thursday	Alpha track 4 eyes open	Beta track 4 eyes open	Gamma track 4 eyes open	DeltaTheta track 4 eyes open
Friday	Alpha track 1 eyes open	Beta track 1 eyes open	Gamma track 1 eyes open	DeltaTheta track 1 eyes open
Saturday	Alpha track 2 eyes closed	Beta track 2 eyes closed	Gamma track 2 eyes closed	DeltaTheta track 2 eyes closed
Sunday	Alpha track 3 eyes open	Beta track 3 eyes open	Gamma track 3 eyes open	DeltaTheta track 3 eyes open
Monday	Alpha track 4 eyes closed	Beta track 4 eyes closed	Gamma track 4 eyes closed	DeltaTheta track 4 eyes closed

This schedule does not have to be followed to a "T" but is used to highlight a few certain aspects

- Each CD is listened to daily
- A different track is used daily
- CDs are listened to at optimum times
- Alternating between eyes open and closed.

## Other Options For Listening to Itsu Sync

If you do not have the time to follow the full schedule you can choose to listen to Itsu Sync as much or as little as you like.

If you only have a single Itsu Sync CD, you can listen to it once daily or multiple times.

If you have all the Itsu Sync CDs you could choose to listen to only one track on one CD daily.

# How to load Itsu Sync onto your computer or other media device

Itsu Sync can be used on virtually any type of media player or computer that has a standard plug for headphones (3.5mm). This includes but is not limited to;

- Desktop computer PC or Mac ( this is not ideal for a comfortable position when listening )
- Laptop, PC or Mac
- Ipod
- MP3 player
- Any Smartphone including Iphone and Android
- Tablet or Ipad

To add Itsu Sync to any of the devices above you first must copy the music to your computer.

- 1.Put the CD in the disk drive.
- 2.Open your "Media Player" such as iTunes or Windows media player.
- 3.Use the "Import CD" or "Rip CD" feature to copy the CD to your computer.
- 4.Name each track with the correct Name: [CD name] + [track number], Album: [CD name] and Artist [Itsu Sync].
- 5.Use the Media Player or other software to load Itsu Sync onto your desired device.

\*It is important to name each track and not get the different CDs tracks mixed up.

You can also listen to Itsu Sync on a CD player if you do not have another type of media player.

## Can I send copies of Itsu Sync to my friends?

No, Itsu Sync products are copyrighted and you would be breaking federal copyright law. If your friends are interested they can download the free Itsu Sync track.