

# Listening Guide

Protocol · volume calibration · listening tips · safe use information

## 01 THE PROTOCOL

### At a Glance

SESSION LENGTH

**60 min**

60 minutes per sitting

FREQUENCY

**Daily**

Same time each day

COURSE LENGTH

**7 days**

7 consecutive daily sessions

TRACK SEQUENCE

**Intro**

Voice cal → 2-min fade → 60 min

TARGET VOLUME

**60 dB SPL**

At ear — see section 02

HEADPHONES

**Strongly**

Recommended

WHAT PLAYS WHEN YOU PRESS START:

SPOKEN INTRO

2-MIN FADE IN

60-MIN SESSION

BRIEF CLOSE

Set volume here

Pulse builds to full level

Full therapeutic audio at calibrated level

Fade out

**Note:** Set volume during the spoken intro. The 2-min fade-in then builds gradually to full level — let it complete. The pulse only reaches its full calibrated intensity after the fade-in finishes.

## 02 VOLUME CALIBRATION

### Setting the Right Volume

Target: 60 dB SPL at the ear — a comfortable, relaxed conversation at arm's length.

The spoken intro is recorded at the same level as the therapeutic audio. Calibrate then lock.

#### 1 Start with volume low

Begin at a low setting.  
Spoken intro plays first.

#### 2 Raise while the voice plays

Raise until voice sounds like  
nearby conversation.

#### 3 Lock it — do not adjust

The pulse runs at exactly  
the same level as the voice.

#### 4 Optional: SPL meter app

iPhone: NIOSH SLM (free).  
Android: Decibel X. Target 60 dB(A).**60 dB SPL =**Normal conversation at arm's length · Library interior · Quiet office  
Do not exceed 65 dB SPL. Reduce immediately if the sound feels uncomfortably loud.

## 03 LISTENING TIPS

### Getting the Most from Each Session

#### Passive listening is fine

No need to concentrate. Reading, resting, or gentle walking is normal and intended.

#### Falling asleep is acceptable

The stimulation continues. A sleeping session counts toward the 7-day course.

#### Speakers work too

Real acoustic 40 Hz pulse — not binaural. Works on speakers; ensure 60 dB(A) at ear.

#### Consistency matters most

A daily session in imperfect conditions outperforms an occasional perfect one.

#### Same time each day

Wang et al. used fixed daily sessions. Regularity reinforces the effect.

#### Headphones give the best result

Best for stereo ambient quality and reliable level calibration at the ear.

## 04 SAFE USE

### Contraindications & Important Information

#### DO NOT USE IF YOU HAVE:

- A seizure disorder or epilepsy
- A cochlear or implanted auditory device
- Doctor's advice to avoid auditory stimulation
- Not yet reached 18 years of age

#### CONSULT YOUR DOCTOR IF YOU:

- Have any neurological condition not listed
- Are receiving treatment for a memory condition
- Are uncertain whether this product suits you
- Experience any discomfort during use

Gamma40 is a general wellness audio product. It is not a medical device and does not diagnose, treat, cure, or prevent any disease. References to scientific research are for informational purposes only. No regulatory body has approved 40 Hz auditory stimulation as a medical treatment for any condition.