

Calmer® Nights are on their way...

NIGHT 1

MAKE SCREEN TIME DOWN-TIME



NIGHT 1: MAKE SCREEN TIME DOWN-TIME

Evenings at home can now be enjoyed without stress triggering sounds from children, alarms or notifications.

Reduce harsh frequencies of glasses, cutlery and shrieks. Be able to focus on your work without being either distracted by those around you or isolated from them.

NIGHT 2

TURN TRAFFIC NOISE FROM HUBBUB TO HUMMMM



NIGHT 2: TURN TRAFFIC NOISE FROM HUBBUB TO HUMMMM

Irritating traffic noise no longer triggers the same stress response.

Noises that used to get under your skin are no longer an issue, they feel more manageable and much less distracting.

TIP: Please don't feel frustrated if you try Calmer Night for a few minutes and don't experience a significant change. This is something new for your ears, change takes time to embrace, especially subtle ones that build over time.

NIGHT 3

RELAX INTO READING



NIGHT 3: RELAX INTO READING

Ease your audio world.

Wear Calmer Night when you want to relax into a good book.

Calmer will help you to ignore any noises that normally make it harder to focus and will let you unwind into your book.

TIP: Wearing for a few minutes at a time might not give your ears the best chance to adapt to the difference - try wearing Calmer Night for a few hours a day over several days for the most noticeable impact.

NIGHT 4

SLEEP SOUNDLY



NIGHT 4: SLEEP SOUNDLY

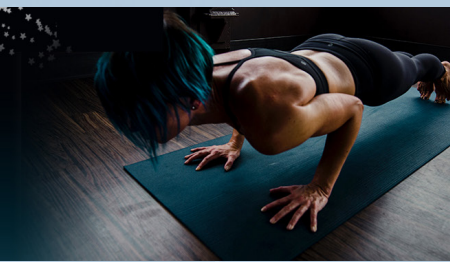
Sleep with the comfort of knowing that stress inducing sounds will be smoothed out and less irritating.

Calmer Night uses an extra soft, flexible silicone providing superior comfort for evening use.

After a period of use you may start to feel more relaxed during the day. Your sleep pattern may be less interrupted due to trigger noises being reduced that would usually wake you.

NIGHT 5

WORK OUT - ZONE OUT



NIGHT 5: WORK OUT - ZONE OUT

Wear Calmer Night in the evenings and your body language may adjust to be less tense and things that would usually stress you may not feel as irritating.

This can help you focus on your breathing - and in turn improve your workout routine or yoga practise.

NIGHT 6

WAKE GENTLY



NIGHT 6: WAKE GENTLY

Calmer Night is not an earplug so you will still be able to hear what's around you. However regular jolting or annoying noises should not cause additional stress in the middle of the night.

Minimal loss in volume means you can still hear alerts during the night but the sharp sudden edge is greatly reduced.

NIGHT 7

JUST BE ...CALMER



NIGHT 7: JUST BE... CALMER

Calmer simply helps you to relax into a restful night-time environment.

A few more tips...

Calmer works best when it fits you well.

Before using Calmer for the first time, make sure you've read and understood the fitting instructions to achieve the best fit. Take some time. If Calmer isn't fitted correctly, you may find that it doesn't perform at its full potential.

You can tell Calmer is fitted correctly if the volume isn't reduced or muted but harsh sounds become 'smoother'.

If it feels loose you may find a gentle nudge helps Calmer sit better. You can gauge whereabouts it feels most comfortable and sits the best.

Don't stress you've got 100 days!

With our 100 day refund policy you can relax and take it easy spending quality time with Calmer.

Everyone is different and all ears are unique so the effects of Calmer can differ.

You may experience a change in body language, a general experience of relaxation, or improved concentration.

You may also find that the amount of times you become stressed is lower overall. This is due to a decrease in stress loading (little things over time that add to stress). These changes may be subtle in some instances and you might notice them more prominently after wearing Calmer for a while and then removing them.

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