Unalome Brainwave Console – Full User Manual

1. Introduction & Benefits

Welcome to the **Unalome Brainwave Console**, your free portal to guided mental states—whether you're chasing flow, craving calm, or chasing deep, regenerative sleep. Harnessing binaural beats, isochronic tones, ambient soundscapes and dynamic visual tunnels, the Console entrains your brainwaves for:

- **Instant Focus:** Alpha-range presets sharpen attention and productivity.

- **Deep Relaxation:** Theta journeys calm the nervous system, dissolve stress.

- **Restorative Sleep:** Extended Delta-wave sessions lull you into dreamless, healing slumber.

- **Cognitive Flexibility:** Gamma bursts spark insight, creativity and problem-solving.

- **Custom Exploration:** Fine-tune Hz, pulse intensity and ambient layers to design your own mental "cocktail."

Whether you're a seasoned meditator, a busy professional, or a curious newcomer, the Console is built to be powerful **and** delightfully simple. No installations, no paywalls—just open your browser, plug in, and play.

2. Getting Started

Open the App

- Load **index.html** in any modern browser (Chrome, Firefox, Edge, Safari).

- The entire Console is self-contained—no internet required after the first load.

Use Headphones

- **Required** for binaural beats (ear-specific Hz).

- Isochronic pulses and ambient soundscape still work on speakers.

Select Your Mode

- o **Presets**: Instant one-click states (e.g., Focus, Sleep).

- o **Long Journeys**: Pre-programmed multi-hour sessions (e.g., Deep Sleep Descent).

- o **Custom**: Unlock sliders to set your own left/right frequencies, pulse rates, and mix ambient sounds.

Press Play ▶

- o Watch the twin-tunnel visualization come alive and listen as your brain gently locks into the target frequency.

3. Dashboard Overview

1. **Title & State Display**: Shows the Console name, selected mode (e.g., Focus), exact frequency, and a one-line benefit.

2. **Visualization Canvas**: Two intersecting, animated tunnels of light whose geometry and color react in real time to your audio.

3. **Preset & Frequency Readout**: Clearly indicates the active brainwave band (Delta, Theta, Alpha, Beta, Gamma) and precise Hz value.

4. **Session Controls**:

   - o **Play/Pause**: Start or stop audio/visual loop.

   - o **Reset**: Revert all sliders, toggles and presets to default.

5. **Control Panels**: Four modular sections—Volume Mixer, Isochronic Tones, Binaural Beats (Custom), and Ambient Soundscape.

4. Modes & Presets

4.1 Presets (12-Card Grid)

Click any card to instantly configure the Console:

Preset	Frequency Range	Use Case
Custom	0.5 – 100 Hz	Full manual control—mix any frequencies + ambience.
Sleep	Delta 0.5 – 4 Hz	Pure Delta descent for deep, dreamless sleep.
Focus	Alpha 8 – 12 Hz	Alert yet relaxed—ideal for study & work.
Creativity	Theta 4 – 8 Hz	Stimulate imagination & insight.
Meditation	Theta 6 Hz	Deep inner calm and self-awareness.
Relaxation	Alpha 10 Hz	Quick stress release and serenity.
Energy	Beta 15 – 20 Hz	Boost alertness & mental stamina.
Learning	Alpha 10.5 Hz	Enhance memory retention & recall.
Anxiety Relief	Alpha 8 – 10 Hz	Calm anxious mind & emotional stability.
Pain Relief	Alpha 8 – 12 Hz	Shift discomfort perception toward ease.
Happiness	Gamma 40 Hz	Elevate mood & positive emotional activity.
Problem Solving	Beta/Gamma 25 – 35 Hz	Sharpen analytical thinking & insight.

4.2 Usage Tips

- **Quick-Switch**: While playing, click a new preset to smoothly transition.

- **Custom Hybrid**: Choose "Custom," then toggle your favorite ambient layers (rain, ocean, space, white noise, pulse).

5. Long Journeys

Designed for extended sessions, these automatically shift through multiple brainwave states.

Journey	Duration	Description
Deep Sleep Descent	8 hrs	Gradual Theta → Delta descent. Ambient rain + white noise mask disturbances for an uninterrupted night.

Journey	Duration	Description
Lucid Dream Gateway	8 hrs	Theta foundation with intermittent Gamma bursts to spark dream lucidity, set against cosmic pulses.

How to Use:

1. Click your chosen Journey card.

2. Press Play.

3. All other controls lock—journey manages everything.

4. To interrupt: hit Pause or select a different preset.

6. Deep Customization

Unlock full creative control by selecting the **Custom** preset:

1. **Volume Mixer**

   o **Master, Binaural, Isochronic, Ambient** sliders.

   o Fine-tune the balance between brainwave drivers and background atmosphere.

2. **Isochronic Tones**

   o **On/Off** toggle.

   o **Frequency (Hz)** slider: Sets pulse rate (0.5 – 40 Hz).

   o **Pulse Intensity**: From gentle thrum to sharp beat.

3. **Binaural Beats**

   o **Left / Right Ear Frequency** sliders (100 – 400 Hz).

   o **Perceived Beat** is the ± difference—adjust to any entrainment band.

4. **Ambient Soundscape**

   o Toggles & sliders for **Rain, Ocean, Pulse, White Noise, Space**.

   o Craft layered sound-scapes from tranquil to cosmic.

7. FAQs & Troubleshooting

Q1: Why do I need headphones?

Binaural beats rely on your brain synthesizing two different frequencies—one per ear. Headphones ensure stereo separation. Isochronic and ambience still play through speakers.

Q2: What's the difference between binaural and isochronic?

- **Binaural Beats**: Two pure tones, one in each ear; smooth, hypnotic entrainment.
- **Isochronic Tones**: Single tone pulsed on/off; potent, rhythmic, no headphones needed.

Q3: The sound stopped or page froze—what now?

Occasionally the browser's audio thread may stall. **Solution:** Refresh the page; your selection resets to default.

Q4: Can I use this on mobile?

Yes—fully responsive. For best effect, use headphones and landscape orientation.

Congratulations! You're ready to harness the Console's full power. Plug in, tune in, and emerge transformed. If you run into any hiccups or have feature requests, drop into our Community Forum or DM us on Instagram @UnalomeProject.

Enjoy the journey home.
— Shaurya Singh & the Unalome Team