

Digital Coffee...

Digital Coffee is designed to give you a similar boost to that which you get from coffee, without the caffeine.

This would include things like alertness and energy.

This is only a sample program. It is not designed to give long term benefits (except for lowering your caffeine intake:).

It's always better to listen with your eyes closed, listening at a comfortable volume with stereo headphones and either laying down or sitting reclined with head support.

That being said...

You can listen while doing things like sitting at your computer or other non dangerous tasks (NO DRIVING THOUGH), only understand that by doing so you are stimulating your brain and influencing your brainwaves by doing this and thus making it more difficult for the recordings to be as effective as they can be without the "competition".

That being said, It's better then not listening, but not as good as listening properly.

I'm here for you.

Morry