

## Sirius session frequencies.

### Session 1

- \* Segment 1 : Start @ 8 Hz
- \* Segment 2 : Focus mode for 1 minute @ 16 Hz
- \* Segment 3 : Focus mode for 1 minute @ 24 Hz
- \* Segment 4 : Expand mode for 2 minutes @ 24 Hz
- \* Segment 5 : Focus mode for 30 seconds @ 20 Hz
- \* Segment 6 : Focus mode for 30 seconds @ 24 Hz
- \* Segment 7 : Expand mode for 3 minutes @ 24 Hz
- \* Segment 8 : Focus mode for 30 seconds @ 28 Hz
- \* Segment 9 : Focus mode for 30 seconds @ 24 Hz
- \* Segment 10 : Focus mode for 3 minutes @ 24 Hz
- \* Segment 11 : Expand mode for 30 seconds @ 16 Hz
- \* Segment 12 : Expand mode for 1 minute and 30 seconds @ 28 Hz
- \* Segment 13 : Expand mode for 30 seconds @ 24 Hz
- \* Segment 14 : Expand mode for 3 minutes and 30 seconds @ 24 Hz
- \* Segment 15 : Jump to 23 Hz
- \* Segment 16 : Focus mode for 30 seconds @ 23 Hz
- \* Segment 17 : Jump to 22 Hz
- \* Segment 18 : Focus mode for 30 seconds @ 22 Hz
- \* Segment 19 : Jump to 21 Hz
- \* Segment 20 : Focus mode for 30 seconds @ 21 Hz
- \* Segment 21 : Jump to 20 Hz
- \* Segment 22 : Focus mode for 30 seconds @ 20 Hz
- \* Segment 23 : Finish

### \*\*\*\*\* Session 2

- \* Segment 1 : Start @ 16 Hz
- \* Segment 2 : Focus mode for 2 minutes @ 16 Hz
- \* Segment 3 : Focus mode for 1 minute @ 25 Hz
- \* Segment 4 : Focus mode for 1 minute @ 20 Hz
- \* Segment 5 : Focus mode for 1 minute @ 25 Hz
- \* Segment 6 : Focus mode for 1 minute @ 20 Hz
- \* Segment 7 : Expand mode for 1 minute @ 25 Hz
- \* Segment 8 : Expand mode for 3 minutes @ 25 Hz
- \* Segment 9 : Focus mode for 1 minute @ 16 Hz
- \* Segment 10 : Focus mode for 4 minutes @ 30 Hz
- \* Segment 11 : Expand mode for 2 minutes @ 16 Hz
- \* Segment 12 : Focus mode for 1 minute @ 8 Hz
- \* Segment 13 : Finish

### \*\*\*\*\* Session 3

- \* Segment 1 : Start @ 8 Hz
- \* Segment 2 : Focus mode for 2 minutes @ 8 Hz
- \* Segment 3 : Focus mode for 2 minutes @ 20 Hz
- \* Segment 4 : Expand mode for 1 minute @ 20 Hz
- \* Segment 5 : Focus mode for 2 minutes @ 30 Hz
- \* Segment 6 : Expand mode for 2 minutes @ 24 Hz
- \* Segment 7 : Focus mode for 1 minute @ 16 Hz
- \* Segment 8 : Focus mode for 30 seconds @ 24 Hz
- \* Segment 9 : Expand mode for 1 minute and 30 seconds @ 25.2 Hz
- \* Segment 10 : Focus mode for 1 minute @ 26 Hz
- \* Segment 11 : Focus mode for 1 minute and 30 seconds @ 28 Hz
- \* Segment 12 : Focus mode for 1 minute @ 8 Hz
- \* Segment 13 : Finish

### \*\*\*\*\* Session 4

- \* Segment 1 : Start @ 8 Hz
- \* Segment 2 : Focus mode for 2 minutes @ 16 Hz
- \* Segment 3 : Focus mode for 1 minute @ 25 Hz
- \* Segment 4 : Expand mode for 1 minute @ 25 Hz
- \* Segment 5 : Expand mode for 1 minute @ 20 Hz
- \* Segment 6 : Focus mode for 1 minute @ 28 Hz
- \* Segment 7 : Focus mode for 1 minute @ 20 Hz
- \* Segment 8 : Expand mode for 1 minute @ 28 Hz
- \* Segment 9 : Expand mode for 1 minute @ 20 Hz
- \* Segment 10 : Expand mode for 1 minute @ 28 Hz
- \* Segment 11 : Expand mode for 1 minute @ 20 Hz
- \* Segment 12 : Focus mode for 1 minute @ 28 Hz
- \* Segment 13 : Focus mode for 1 minute @ 20 Hz

- \* Segment 14 : Focus mode for 1 minute @ 8 Hz
- \* Segment 15 : Focus mode for 1 minute @ 28 Hz
- \* Segment 16 : Finish

\*\*\*\*\* Session 5

- \* Segment 1 : Start @ 16 Hz
- \* Segment 2 : Focus mode for 1 minute @ 16 Hz
- \* Segment 3 : Jump to 17 Hz
- \* Segment 4 : Expand mode for 30 seconds @ 17 Hz
- \* Segment 5 : Jump to 18 Hz
- \* Segment 6 : Expand mode for 30 seconds @ 18 Hz
- \* Segment 7 : Jump to 19 Hz
- \* Segment 8 : Expand mode for 30 seconds @ 19 Hz
- \* Segment 9 : Jump to 20 Hz
- \* Segment 10 : Expand mode for 30 seconds @ 20 Hz
- \* Segment 11 : Jump to 21 Hz
- \* Segment 12 : Expand mode for 30 seconds @ 21 Hz
- \* Segment 13 : Jump to 22 Hz
- \* Segment 14 : Focus mode for 1 minute @ 22 Hz
- \* Segment 15 : Focus mode for 4 minutes @ 8 Hz
- \* Segment 16 : Expand mode for 6 minutes and 30 seconds @ 8 Hz
- \* Segment 17 : Finish

\*\*\*\*\* Session 6

- \* Segment 1 : Start @ 10 Hz
- \* Segment 2 : Focus mode for 5 minutes @ 10 Hz
- \* Segment 3 : Expand mode for 30 seconds @ 20 Hz
- \* Segment 4 : Expand mode for 1 minute and 30 seconds @ 2 Hz
- \* Segment 5a: Expand mode for 10 minutes @ 2 Hz
- \* Segment 5b : Expand mode for 8 minutes @ 2 Hz
- \* Segment 6 : Expand mode for 2 minutes @ 16 Hz
- \* Segment 7 : Expand mode for 1 minute @ 16 Hz
- \* Segment 8 : Expand mode for 1 minute @ 23 Hz
- \* Segment 9 : Focus mode for 1 minute @ 23 Hz
- \* Segment 10 : Finish

\*\*\*\*\* Session 7

- \* Segment 1 : Start @ 4 Hz
- \* Segment 2 : Focus mode for 30 seconds @ 4 Hz
- \* Segment 3 : Focus mode for 30 seconds @ 20 Hz
- \* Segment 4 : Expand mode for 30 seconds @ 10 Hz
- \* Segment 5 : Expand mode for 6 minutes @ 10 Hz
- \* Segment 6 : Expand mode for 1 minute and 30 seconds @ 16 Hz
- \* Segment 7 : Expand mode for 2 minutes and 30 seconds @ 16 Hz
- \* Segment 8 : Jump to 17 Hz
- \* Segment 9 : Expand mode for 30 seconds @ 17 Hz
- \* Segment 10 : Jump to 18 Hz
- \* Segment 11 : Expand mode for 30 seconds @ 18 Hz
- \* Segment 12 : Jump to 19 Hz
- \* Segment 13 : Expand mode for 30 seconds @ 19 Hz
- \* Segment 14 : Jump to 20 Hz
- \* Segment 15 : Expand mode for 30 seconds @ 20 Hz
- \* Segment 16 : Focus mode for 30 seconds @ 2 Hz
- \* Segment 17 : Focus mode for 30 seconds @ 25 Hz
- \* Segment 18 : Focus mode for 30 seconds @ 25 Hz
- \* Segment 19 : Finish

\*\*\*\*\* Session 8

- \* Segment 1 : Start @ 10 Hz
- \* Segment 2 : Focus mode for 1 minute @ 10 Hz
- \* Segment 3 : Focus mode for 1 minute @ 20 Hz
- \* Segment 4 : Focus mode for 2 minutes @ 24 Hz
- \* Segment 5 : Focus mode for 2 minutes @ 18 Hz
- \* Segment 6 : Focus mode for 30 seconds @ 10 Hz
- \* Segment 7 : Expand mode for 3 minutes and 30 seconds @ 10 Hz
- \* Segment 8 : Focus mode for 30 seconds @ 4 Hz
- \* Segment 9 : Focus mode for 30 seconds @ 8 Hz
- \* Segment 10 : Jump to 7 Hz
- \* Segment 11 : Focus mode for 30 seconds @ 7 Hz
- \* Segment 12 : Jump to 6 Hz
- \* Segment 13 : Focus mode for 30 seconds @ 6 Hz
- \* Segment 14 : Jump to 5 Hz
- \* Segment 15 : Focus mode for 30 seconds @ 5 Hz
- \* Segment 16 : Jump to 4 Hz

- \* Segment 17 : Focus mode for 30 seconds @ 4 Hz
- \* Segment 18 : Expand mode for 7 minutes @ 2 Hz
- \* Segment 19 : Expand mode for 2 minutes @ 4 Hz
- \* Segment 20 : Focus mode for 2 minutes @ 16 Hz
- \* Segment 21 : Jump to 20 Hz
- \* Segment 22 : Focus mode for 1 minute @ 20 Hz
- \* Segment 23 : Finish

\*\*\*\*\* Session 9

- \* Segment 1 : Start @ 8 Hz
- \* Segment 2 : Focus mode for 1 minute @ 8 Hz
- \* Segment 3 : Focus mode for 1 minute @ 16 Hz
- \* Segment 4 : Focus mode for 1 minute @ 12 Hz
- \* Segment 5 : Expand mode for 2 minutes @ 4 Hz
- \* Segment 6 : Focus mode for 30 seconds @ 8 Hz
- \* Segment 7 : Focus mode for 30 seconds @ 4 Hz
- \* Segment 8 : Expand mode for 7 minutes @ 4 Hz
- \* Segment 9 : Focus mode for 2 minutes @ 10 Hz
- \* Segment 10 : Focus mode for 1 minute @ 16 Hz
- \* Segment 11 : Finish

\*\*\*\*\* Session 10

- \* Segment 1 : Start @ 16 Hz
- \* Segment 2 : Focus mode for 1 minute @ 16 Hz
- \* Segment 3 : Focus mode for 4 minutes @ 4 Hz
- \* Segment 4 : Focus mode for 1 minute @ 4 Hz
- \* Segment 5 : Expand mode for 5 minutes @ 4 Hz
- \* Segment 6 : Expand mode for 2 minutes @ 2 Hz
- \* Segment 7a : Expand mode for 10 minutes @ 2 Hz
- \* Segment 7b : Expand mode for 8 minutes @ 2 Hz
- \* Segment 8 : Focus mode for 1 minute @ 8 Hz
- \* Segment 9 : Focus mode for 1 minute @ 24 Hz
- \* Segment 10 : Focus mode for 2 minutes @ 24 Hz
- \* Segment 11 : Finish

\*\*\*\*\* Session 11

- \* Segment 1 : Start @ 10 Hz
- \* Segment 2 : Focus mode for 1 minute @ 10 Hz
- \* Segment 3 : Focus mode for 1 minute @ 20 Hz
- \* Segment 4 : Focus mode for 1 minute @ 10 Hz
- \* Segment 5 : Expand mode for 7 minutes @ 4 Hz
- \* Segment 6 : Focus mode for 5 minutes @ 4 Hz
- \* Segment 7 : Focus mode for 5 minutes @ 2
- \* Segment 8a : Focus mode for 10 minutes @ 2 Hz
- \* Segment 8b : Focus mode for 5 minutes @ 2 Hz
- \* Segment 9 : Focus mode for 5 minutes @ 4 Hz
- \* Segment 10 : Focus mode for 5 minutes @ 2 Hz
- \* Segment 11 : Focus mode for 5 minutes @ 8 Hz
- \* Segment 12 : Focus mode for 2 minutes @ 24 Hz
- \* Segment 13 : Expand mode for 3 minutes @ 24 Hz
- \* Segment 14 : Finish

\*\*\*\*\* Session 12

- \* Segment 1 : Start @ 10 Hz
- \* Segment 2 : Focus mode for 1 minute @ 10 Hz
- \* Segment 3 : Focus mode for 1 minute and 30 seconds @ 24 Hz
- \* Segment 4 : Focus mode for 1 minute @ 8 Hz
- \* Segment 5 : Expand mode for 4 minutes @ 8 Hz
- \* Segment 6 : Focus mode for 1 minute @ 10 Hz
- \* Segment 7 : Focus mode for 30 seconds @ 2 Hz
- \* Segment 8 : Focus mode for 1 minute @ 16 Hz
- \* Segment 9 : Finish

\*\*\*\*\* Session 13

- \* Segment 1 : Start @ 16 Hz
- \* Segment 2 : Focus mode for 1 minute @ 16 Hz
- \* Segment 3 : Expand mode for 2 minutes @ 8 Hz
- \* Segment 4 : Focus mode for 7 minutes @ 8 Hz
- \* Segment 5 : Expand mode for 5 minutes @ 8 Hz
- \* Segment 6 : Focus mode for 5 minutes @ 8 Hz
- \* Segment 7 : Expand mode for 5 minutes @ 8 Hz
- \* Segment 8 : Focus mode for 7 minutes @ 8 Hz
- \* Segment 9 : Expand mode for 1 minute @ 20 Hz
- \* Segment 10 : Expand mode for 1 minute @ 24 Hz
- \* Segment 11 : Focus mode for 1 minute @ 24 Hz

\* Segment 12 : Finish  
 \*\*\*\*\* Session 14  
 \* Segment 1 : Start @ 20 Hz  
 \* Segment 2 : Focus mode for 1 minute @ 20 Hz  
 \* Segment 3 : Focus mode for 2 minutes and 30 seconds @ 10 Hz  
 \* Segment 4 : Expand mode for 2 minutes @ 10 Hz  
 \* Segment 5 : Expand mode for 30 seconds @ 8 Hz  
 \* Segment 6 : Expand mode for 5 minutes and 40 seconds @ 8 Hz  
 \* Segment 7 : Expand mode for 30 seconds @ 10 Hz  
 \* Segment 8 : Focus mode for 2 minutes and 50 seconds @ 10 Hz  
 \* Segment 9 : Finish  
 \*\*\*\*\* Session 15  
 \* Segment 1 : Start @ 10 Hz  
 \* Segment 2 : Focus mode for 1 minute @ 10 Hz  
 \* Segment 3 : Focus mode for 1 minute @ 24 Hz  
 \* Segment 4 : Expand mode for 2 minutes @ 24 Hz  
 \* Segment 5 : Focus mode for 30 seconds @ 28 Hz  
 \* Segment 6 : Focus mode for 2 minutes and 30 seconds @ 7.8 Hz  
 \* Segment 7 : Focus mode for 6 minutes @ 7.8 Hz  
 \* Segment 8 : Expand mode for 30 seconds @ 16 Hz  
 \* Segment 9 : Focus mode for 30 seconds @ 24 Hz  
 \* Segment 10 : Focus mode for 1 minute @ 24 Hz  
 \* Segment 11 : Finish  
 \*\*\*\*\* Session 16  
 \* Segment 1 : Start @ 16 Hz  
 \* Segment 2 : Focus mode for 1 minute @ 16 Hz  
 \* Segment 3 : Focus mode for 2 minutes @ 10 Hz  
 \* Segment 4 : Expand mode for 5 minutes @ 10 Hz  
 \* Segment 5 : Focus mode for 7 minutes @ 10 Hz  
 \* Segment 6 : Focus mode for 1 minute and 30 seconds @ 20 Hz  
 \* Segment 7 : Focus mode for 1 minute and 30 seconds @ 20 Hz  
 \* Segment 8 : Focus mode for 1 minute @ 24 Hz  
 \* Segment 9 : Expand mode for 1 minute @ 24 Hz  
 \* Segment 10 : Finish  
 \*\*\*\*\* Session 17  
 \* Segment 1 : Start @ 8 Hz  
 \* Segment 2 : Focus mode for 1 minute @ 10 Hz  
 \* Segment 3 : Focus mode for 1 minute @ 16 Hz  
 \* Segment 4 : Expand mode for 1 minute @ 20 Hz  
 \* Segment 5 : Jump to 16 Hz  
 \* Segment 6 : Expand mode for 1 minute @ 24 Hz  
 \* Segment 7 : Jump to 20 Hz  
 \* Segment 8 : Focus mode for 2 minutes @ 28 Hz  
 \* Segment 9 : Focus mode for 1 minute @ 24 Hz  
 \* Segment 10 : Focus mode for 1 minute @ 30 Hz  
 \* Segment 11 : Focus mode for 5 minutes @ 24 Hz  
 \* Segment 12 : Expand mode for 30 seconds @ 12 Hz  
 \* Segment 13 : Expand mode for 30 seconds @ 24 Hz  
 \* Segment 14 : Expand mode for 30 seconds @ 16 Hz  
 \* Segment 15 : Focus mode for 2 minutes @ 30 Hz  
 \* Segment 16 : Focus mode for 2 minutes and 30 seconds @ 8 Hz  
 \* Segment 17 : Focus mode for 1 minute @ 8 Hz  
 \* Segment 18 : Finish  
 \*\*\*\*\* Session 18  
 \* Segment 1 : Start @ 4 Hz  
 \* Segment 2 : Focus mode for 1 minute @ 4 Hz  
 \* Segment 3 : Focus mode for 30 seconds @ 20 Hz  
 \* Segment 4 : Focus mode for 1 minute @ 4 Hz  
 \* Segment 5 : Focus mode for 30 seconds @ 10 Hz  
 \* Segment 6 : Expand mode for 1 minute @ 10 Hz  
 \* Segment 7 : Expand mode for 30 seconds @ 8 Hz  
 \* Segment 8 : Expand mode for 30 seconds @ 8 Hz  
 \* Segment 9 : Focus mode for 2 minutes @ 4 Hz  
 \* Segment 10 : Focus mode for 1 minute @ 16 Hz  
 \* Segment 11 : Focus mode for 2 minutes @ 4 Hz  
 \* Segment 12 : Expand mode for 10 minutes @ 4 Hz  
 \* Segment 13 : Focus mode for 3 minutes @ 4 Hz  
 \* Segment 14 : Focus mode for 1 minute @ 16 Hz  
 \* Segment 15 : Focus mode for 1 minute @ 16 Hz  
 \* Segment 16 : Finish

\*\*\*\*\* Session 19

- \* Segment 1 : Start @ 16 Hz
- \* Segment 2 : Focus mode for 20 seconds @ 16 Hz
- \* Segment 3 : Jump to 15 Hz
- \* Segment 4 : Expand mode for 20 seconds @ 15 Hz
- \* Segment 5 : Jump to 14 Hz
- \* Segment 6 : Expand mode for 20 seconds @ 14 Hz
- \* Segment 7 : Jump to 13 Hz
- \* Segment 8 : Expand mode for 20 seconds @ 13 Hz
- \* Segment 9 : Jump to 12 Hz
- \* Segment 10 : Expand mode for 20 seconds @ 12 Hz
- \* Segment 11 : Jump to 11 Hz
- \* Segment 12 : Expand mode for 20 seconds @ 11 Hz
- \* Segment 13 : Jump to 10 Hz
- \* Segment 14 : Expand mode for 20 seconds @ 10 Hz
- \* Segment 15 : Jump to 9 Hz
- \* Segment 16 : Expand mode for 20 seconds @ 9 Hz
- \* Segment 17 : Jump to 8 Hz
- \* Segment 18 : Expand mode for 20 seconds @ 8 Hz
- \* Segment 19 : Expand mode for 1 minute and 40 seconds @ 4 Hz
- \* Segment 20 : Focus mode for 5 minutes @ 4 Hz
- \* Segment 21 : Jump to 2 Hz
- \* Segment 22 : Expand mode for 5 minutes @ 2 Hz
- \* Segment 23 : Jump to 4 Hz
- \* Segment 24 : Focus mode for 5 minutes @ 4 Hz
- \* Segment 25 : Focus mode for 2 minutes @ 20 Hz
- \* Segment 26 : Finish

\*\*\*\*\* Session 20

- \* Segment 1 : Start @ 10 Hz
- \* Segment 2 : Expand mode for 2 minutes @ 10 Hz
- \* Segment 3 : Jump to 9 Hz
- \* Segment 4 : Expand mode for 1 minute @ 9 Hz
- \* Segment 5 : Jump to 8 Hz
- \* Segment 6 : Focus mode for 4 minutes @ 8 Hz
- \* Segment 7 : Jump to 4 Hz
- \* Segment 8 : Expand mode for 4 minutes @ 4 Hz
- \* Segment 9 : Jump to 8 Hz
- \* Segment 10 : Focus mode for 4 minutes @ 8 Hz
- \* Segment 11 : Jump to 4 Hz
- \* Segment 12 : Expand mode for 4 minutes @ 4 Hz
- \* Segment 13 : Jump to 8 Hz
- \* Segment 14 : Focus mode for 4 minutes @ 8 Hz
- \* Segment 3 : Focus mode for 2 minutes @ 20 Hz
- \* Segment 11 : Finish

\*\*\*\*\* Session 21

- \* Segment 1 : Start @ 16 Hz
- \* Segment 2 : Expand mode for 1 minute @ 16 Hz
- \* Segment 3 : Focus mode for 4 minutes @ 4 Hz
- \* Segment 4 : Focus mode for 7 minutes @ 4 Hz
- \* Segment 5 : Focus mode for 2 minutes @ 2 Hz
- \* Segment 6 : Focus mode for 4 minutes @ 2 Hz
- \* Segment 7 : Finish

\*\*\*\*\* Session 22

- \* Segment 1 : Start @ 12 Hz
- \* Segment 2 : Expand mode for 2 minutes @ 12 Hz
- \* Segment 3 : Focus mode for 3 minutes @ 4 Hz
- \* Segment 4a : Focus mode for 10 minutes @ 4 Hz
- \* Segment 4b : Focus mode for 4 minutes @ 4 Hz
- \* Segment 5 : Focus mode for 1 minute @ 8 Hz
- \* Segment 6 : Focus mode for 1 minute @ 8 Hz
- \* Segment 7 : Focus mode for 1 minute @ 16 Hz
- \* Segment 8 : Focus mode for 1 minute @ 24 Hz
- \* Segment 9 : Focus mode for 2 minutes @ 24 Hz
- \* Segment 10 : Finish