



Binaural Audio Stream | Download

There are two ways to access the Empowered Relief® binaural audio: (1) stream or (2) download the audio onto your computer or smartphone.

Calm Tool app (stream): <https://calmtool.med.stanford.edu/>

See the instructions for installing the app to your device on the following pages.

Binaural Audio webpage (downloadable files):

<https://empoweredrelief.stanford.edu/binaural-relaxation>

Be sure to use headphones or earbuds because that will activate the binaural technology. **Any type of listening device can work!**





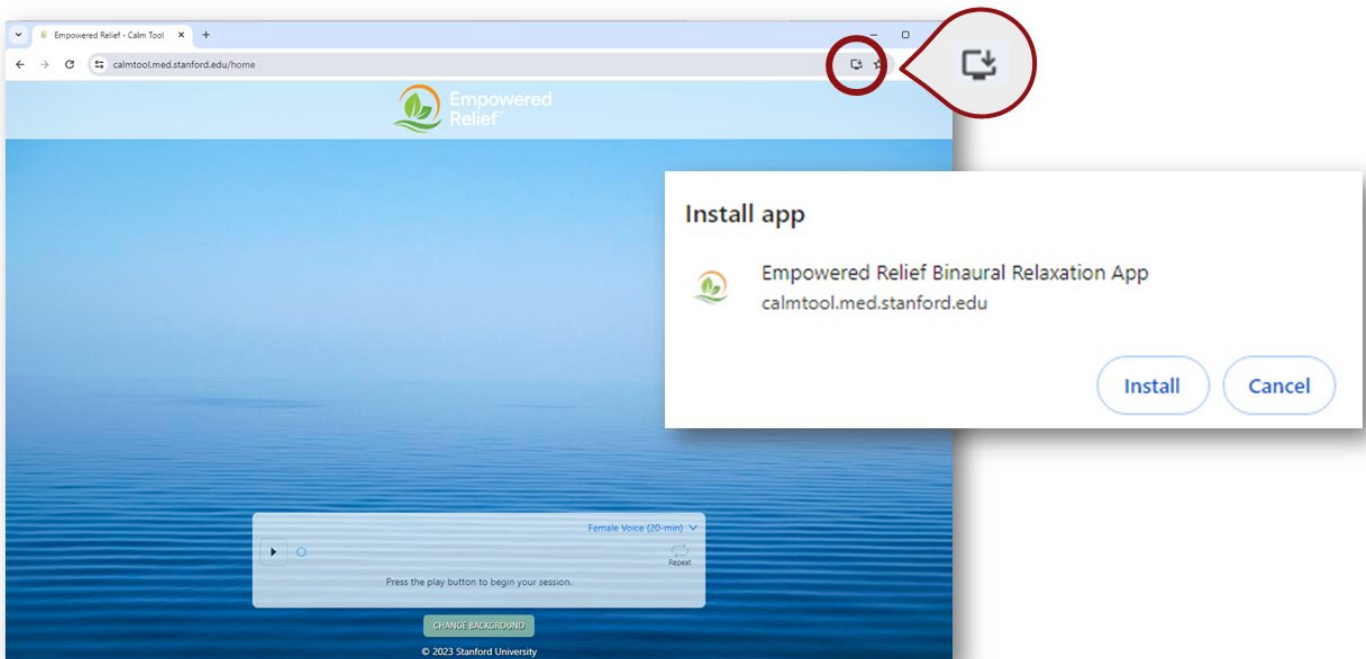
Calm Tool App Instructions

Desktops, laptops, mobile devices

You can install the Calm Tool as an app onto your desktop, laptop, or mobile device. Once installed, you will have an icon on your device so you can easily access it. You can also press the play button to start streaming the audio.



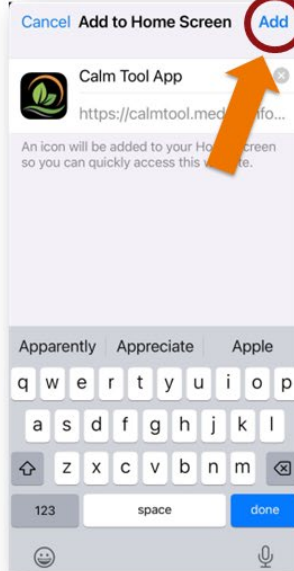
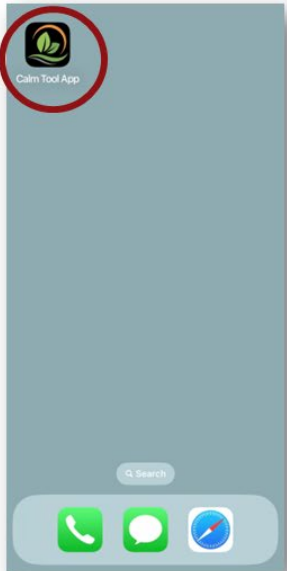
Mac OS and Windows desktops/laptops

Use Google Chrome and navigate to <https://calmtool.med.stanford.edu/>. Press the "Install" icon to the right of the search bar. The Empowered Relief icon will then appear on your dock or home screen.



iPhone and iPad

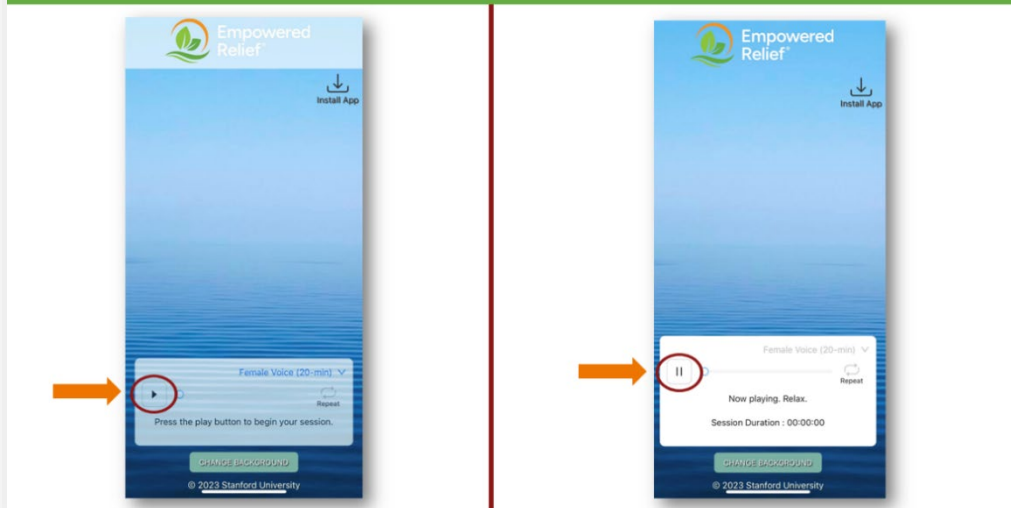
Use Safari to navigate to <https://calmtool.med.stanford.edu/>. Press the "Share" button at the bottom of the screen. Press "Add to Home Screen" and then "Add." The app will then appear on your home screen.

Select the menu icon	Choose 'Add to Home Screen'	Select 'Add'	The app will appear on your phone
 <p>Androids will use this menu icon:</p>			
Step 1	Step 2	Step 3	Step 4

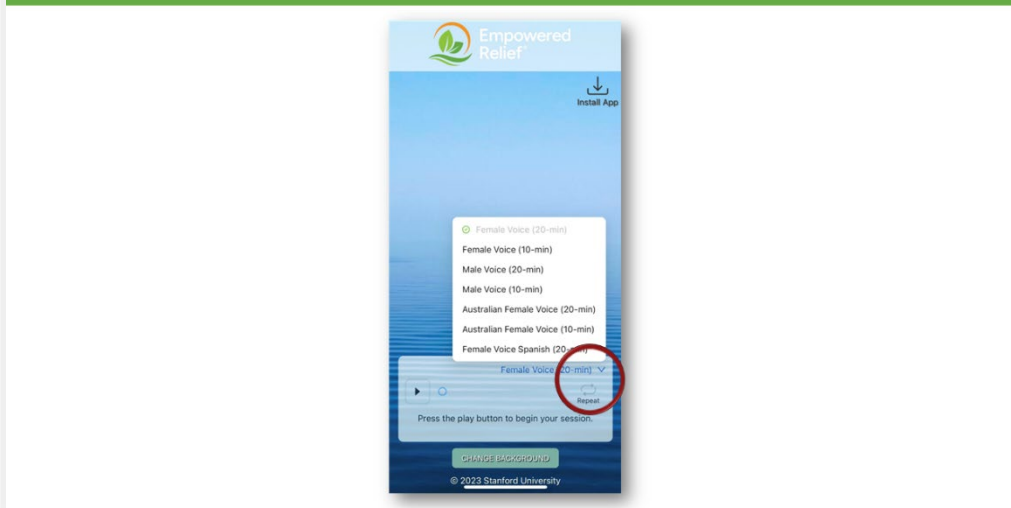
Android OS devices

Use Google Chrome to navigate to <https://calmtool.med.stanford.edu/>. Click the "Add to Home Screen" button on the Calm Tool home page. The app should then appear on your home screen.

Play and pause the audio recording



Change or repeat the track



Choose different backgrounds

