



Binaural Audio App Instructions

Access the same Empowered Relief binaural audio at either of these locations:
<https://empoweredrelief.stanford.edu/binaural-relaxation> (Downloadable file)
<https://calmtool.med.stanford.edu/> (Calm Tool App)

You can download the Calm Tool as an app onto your smartphone or other device. Once downloaded, you will have an icon on your phone so you can easily access it. You can also press the play button to start streaming the audio.

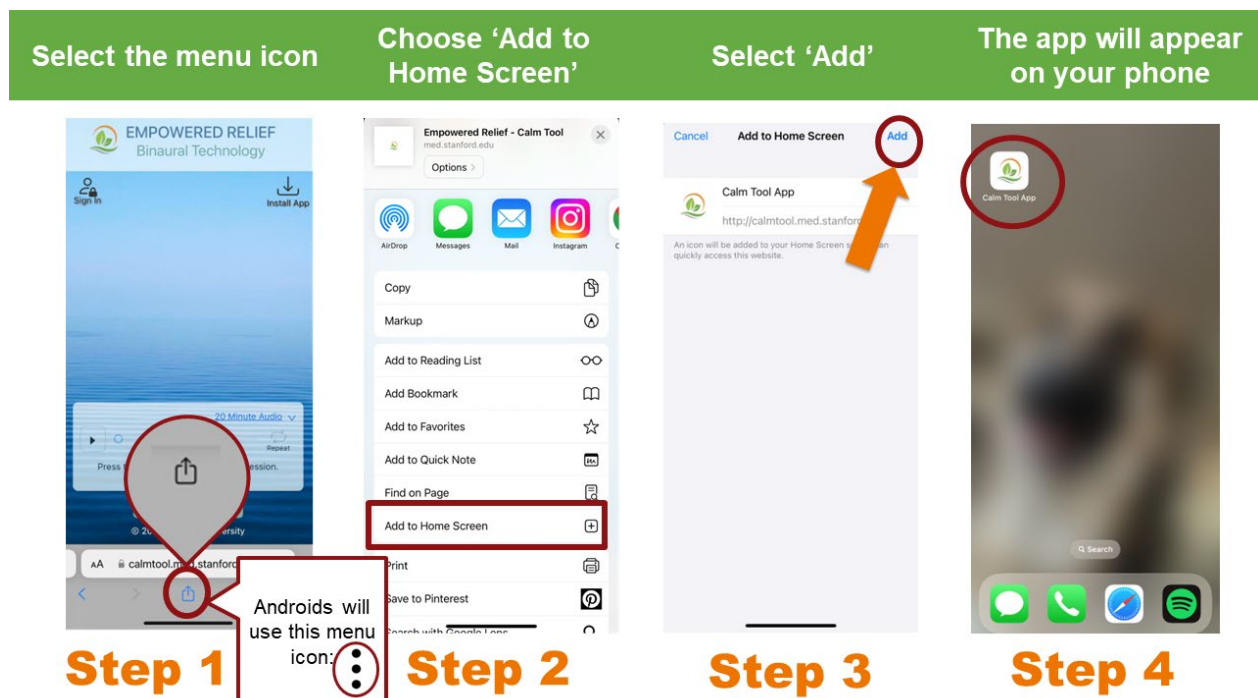
Mac OS and Windows desktops/laptops

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.



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.