



The HRV increase on my Oura ring during naps and relaxation has been by far the biggest with Audicin compared to any other method.

—Petteri Lahtela, Co-Founder, Oura Health

Audicin delivers remarkable results in resilience, recovery, focus, and overall wellbeing in just over a week. Highly recommended.

—Jenni Hyysalo, MD, PhD, AIHM



Scan QR code to get 30 days of Audicin for free with code
CLARITY



Recovery You Can Measure.

No Time Needed.

Audicin turns travel time into recovery time - and restless nights into deep sleep.

No pills. No routines. Just headphones.

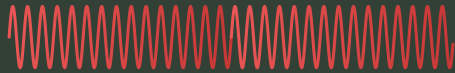
"Whenever I travel across time zones with the Audicin Sleep Headband, I get zero jet lag, no matter which direction I'm flying."

Petteri Lahtela, Co-founder and founding CEO of Oura Health

Journeys tailored to your goals

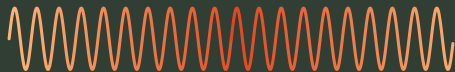
Audicin journeys guide your brainwaves into rest, focus, or creativity - on demand

Gamma
30+ Hz



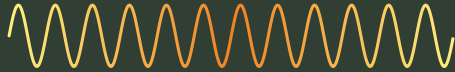
High
Performance
& Insight

Beta
12-30 Hz



Focus
& Activity

Alpha
8-12 Hz



Unwinding,
Gentle Focus,
Transitions

Theta
4-8 Hz



Relaxation &
Creativity

Delta
0.5-4 Hz



Deep Sleep
& Healing

Reported results in only one month:

83%

felt an improved overall wellbeing

80%

saw sleep quality improve

22%

HRV increase in 2 weeks



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CLARITY

Recharge. Wherever, whenever.

Combining specially created music from award-winning composers, wearable data, binaural beats, and 360° immersive sound engineering, Audicin's patent-pending audio technology supports you to regulate your nervous system.

Simply use Audicin and your own headphones to experience:



Sleep Recovery



HRV Optimization



Improved Focus

Audicin Sleep Headband

Deep sleep, re-engineered.

The Audicin Sleep Headband is a Bluetooth-free neuro-wellness wearable designed to help the brain gently transition into deep, restorative sleep. Using clinically backed sound frequencies delivered through ultra-thin speakers, the headband guides the nervous system into delta brainwave states associated with profound recovery and rest.



Unlike traditional sleep devices, the Audicin Sleep Headband works without screens, notifications, or external stimulation-offering pure sound therapy that supports natural nervous system regulation and uninterrupted sleep.

Science and research-driven results

Multiple studies carried out in collaboration with the University of Sheffield (UK) found that Audicin improved wellbeing, productivity and task performance.

Scientific study of first-time Audicin users found a statistically significant relaxation effect was reported after only 10 minutes $t(210)=7.17, p<.0001$ (Williamson & Peck, 2025).

