

# THE DAVIS FOCUS PROJECT

A HUMAN PERFORMANCE NON-PROFIT CORPORATION

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## Our Program

- 1.** First thing in the morning after attendance, teachers will play the guided meditation for the day according to our course curriculum. There are two separate curriculums. One for K-5 and the other for 6-12.
  - 2.** Conduct teaching for the morning portion of the day, followed by a 10 minute Non-Sleep Deep Rest protocols. This is scientifically proven to retain more information and re-charge for the next class.
  - 3.** Compare overall student grades on a quarterly basis to determine improvement as students become accustomed to relaxation techniques and Non-Sleep Deep Rest protocols throughout the year.
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## Resources



More information on human performance and Non-Sleep Deep Rest Protocols can be found on the Huberman Lab podcast on Apple, YouTube, and Spotify.

The Waking Up App, our preferred meditation app, can be accessed free for 1 month using the code OPENMIND. If you cannot afford the app and would like an entire free year, send an e-mail to the app's support center for an additional code. Teachers will be provided with a yearly subscription paid for by The Davis Focus Project.

## Cited References

1. <https://www.project-meditation.org/pm/statistics-on-people-who-meditate/>
2. <https://disturbmenot.co/meditation-statistics/>
3. [http://www.tmprogram.com.au/book/chap\\_5.html](http://www.tmprogram.com.au/book/chap_5.html)
4. <https://www.theatlantic.com/education/archive/2014/01/should-schools-teach-kids-to-meditate/283229/>
5. The American Journal of Medicine, Volume 100, pages 212-216, 1996
6. <https://disturbmenot.co/meditation-statistics/>
7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4295748/>
8. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5747539/>
9. <https://pubmed.ncbi.nlm.nih.gov/26445019/>

**"Education is the kindling of a flame, not the filling of a vessel"**

For additional information on implementing this program, contact:

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# Mindfulness & Efficiency

A guide to the benefits of incorporating meditation and Non-Deep Sleep Rest protocols into daily school routines to improve mental health, focus, and overall efficiency.

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## Key Practices

Meditation, a type of mind-body medicine, has been practiced for thousands of years. During meditation, you develop intentional focus—minimizing random thoughts. All you need is a quiet setting, a comfortable position, focused attention, and an open attitude.

The Brain works in cycles called Ultradian Cycles. These cycles in a wakeful state last 90–120 minutes and result in periods of great focus. At the end of the cycle the brain becomes fatigued, cortisol levels and heart rate increase and the brain loses its ability to focus intently.

The only way to facilitate recovery at a high rate is to either get a REM Cycle of sleep to clear the processor and store what was learned in long term storage or to use the Non-Sleep Deep Rest Protocol with the same result but to a lesser degree.



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## Benefits & Statistics of Meditation

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- Reduces stress, anxiety, and negative thoughts
- Lengthens attention span and increases focus
- Enhances self-awareness, kindness, and compassion towards self and others
- Helps fight cravings and addiction
- Improves sleeping habits
- Helps control pain
- Reduces strain on heart and blood pressure
- Meditation improves anxiety levels 60% of the time. <sup>(1)</sup>
- Practicing meditation can increase grey matter in the brain. (plays an important role in memory and learning) <sup>(2)</sup>
- One company found that meditation increased productivity by 120%. They also reported the following 3 years later - Absenteeism fell by 85%, Injuries dropped 70%, and Profits increased 520% <sup>(3)</sup>
- School suspensions were reduced by 45% thanks to meditation. <sup>(4)</sup>
- One-hundred percent of insomnia patients reported improved sleep and 91% either eliminated or reduced sleeping medication use. <sup>(5)</sup>
- Practicing meditation increases the attention span after only 4 days <sup>(6)</sup>
- Research shows that people who meditate can reduce their chance of being hospitalized for coronary heart disease by 87%. <sup>(7)</sup>
- Following a meditation program can lead to a 73% reduction in Post Traumatic Stress Disorder (PTSD) symptoms. <sup>(8)</sup>
- Meditation can increase telomerase, an enzyme needed to delay the onset of diseases including Alzheimer's, by 43%. <sup>(9)</sup>

**"The truly free individual is free only to the extent of his own self-mastery. While those who will not govern themselves are condemned to find masters to govern over them." –Socrates**