

Rapsyn Self-Testing Protocol

Don't Just Feel the Difference—Measure It

Quantify Your Cognitive Gains with Rapsyn's Structured Protocol

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1. Introduction

This protocol helps you measure the impact of Rapsyn's science-backed nootropic stacks on your cognitive performance. By following these steps, you can quantify improvements in focus, mental energy, mood, and sleep quality, ensuring objective results tailored to your neurochemistry.

2. Establish a Baseline (1–2 Weeks)

- **Journal Daily:** Rate focus, mental energy, mood, and sleep quality on a 1–10 scale each day.
- **Cognitive Testing:** Use tools like Cambridge Brain Sciences (<https://www.cambridgebrainsci.com>) or Quantified Mind (<https://www.quantifiedmind.com>) for cognitive tests (e.g., memory, attention) 2–3 times per week.
- **Record:** Note diet, exercise, and sleep patterns to control for variables.

3. Introduce Core Foundation (4–6 Weeks)

- **Start Stack:** Begin with the Core Foundation stack (e.g., Caffeine, L-Theanine, Omega-3).
- **Continue Journaling:** Track daily ratings and cognitive test results.
- **Compare:** Analyze trends against your baseline to identify improvements.

4. Washout Period (1 Week)

- **Pause Stack:** Stop taking the stack to return to baseline.
- **Monitor:** Continue journaling and testing to confirm supplement effects.

5. Add a Module (4–6 Weeks)

- **Resume Core:** Restart the Core Foundation stack.
- **Add Module:** Introduce one module (e.g., Executive Focus with Lion's Mane).
- **Track:** Compare results to baseline and Core-only periods.

6. Analyze and Iterate

- **Review Data:** Identify which components drive the most significant cognitive gains.
- **Personalize:** Build a regimen tailored to your neurochemistry.
- **Iterate:** Test additional modules to optimize your stack.

7. Tracking Template

Use this template to log your daily ratings and cognitive test results:

Date	Focus (1–10)	Energy (1–10)	Mood (1–10)	Sleep Quality (1–10)

Cognitive Test Results: Record scores from Cambridge Brain Sciences or Quantified Mind.

Notes: Log diet, exercise, stress, or other factors.

8. Resources

- Cambridge Brain Sciences: <https://www.cambridgebrainsciences.com>
- Quantified Mind: <https://www.quantifiedmind.com>
- Contact Rapsyn: <https://your-site.neocities.org/#contact>