

NeuroOptimal[®] Neurofeedback

- NeuroOptimal[®] is a non-invasive, drug-free brain training system. It helps the brain recognise its own patterns of instability and learns to function more effectively.
 - Sensors placed on the scalp measure brain wave activity in real time – no electricity is put into the brain.
 - The system gives feedback through gentle interruptions in music when the brain becomes less organised, helping it self-correct and return to balance.
 - The brain monitors its own activity through feedback it receives. When NeuroOptimal[®] detects sudden shifts it provides instant audible cues and helps the brain reorganise itself naturally, like a mirror showing it how to adjust.
- Safe - No side effects - Can be used at home
- 33 minutes per session
- Works alongside other therapies
- NeuroOptimal[®] helps the brain learn to regulate itself, supporting calmer moods, clearer thinking and better focus – naturally

Calmer, more settled mood

Better sleep quality

Increased confidence

Increased motivation

Improved emotional regulation

Easier transitions

Improved focus

Improved attention span

Clearer thinking

Speeds recovery from concussion

Reduced anxiety

Improved working memory

Promotes faster reaction times

Improved mental resilience

Reduced performance anxiety

Reduced stress

Improved flexibility

Improves overall well-being

Benefits include:

