

How Exactly Does Neurofeedback Work?



BRAIN ACTIVITY SENSORS

Your dry electrode headband and external electrode will pick up on your brain activity and communicate the feedback in real time.



VISUAL/AUDITORY CUES

Your mobile device will use the Myndlift app to translate your brain activity through continuous visual and/or auditory cues, reflecting your performance as you train.



BRAINWAVE FEEDBACK

Your mental health provider will track your brainwave activity and performance on their Myndlift dashboard and assess and adjust your training program accordingly.



SELF-REGULATION

Over time and with consistent training, your brainwaves will self-regulate and help you reach your brain goals.