

## **What is neurofeedback?**

Neurofeedback is a form of neurotherapy that trains your brainwaves to achieve a healthier state – kind of like exercise, but for your brain!

Neurofeedback uses EEG technology to measure your brainwave activity and offer you feedback on your performance in real time, through visual and/or auditory cues from videos or games.

## **Is neurofeedback safe?**

Absolutely! Neurofeedback is a safe, evidence-based therapy which has been used for decades and poses little or no side effects.

## **Is neurofeedback invasive?**

Neurofeedback is a non-invasive neurotherapy. During your training sessions, electrodes will be placed on your head and scalp to measure your brain activity.

## **Are there any side effects to neurofeedback?**

Neurofeedback training may cause very mild side effects, like slight fatigue. However, these side effects are temporary and will pass quickly. Similar to how your body feels after putting in a hard workout at the gym!

## How does neurofeedback work?

When you're doing a neurofeedback session, you will use a dry electrode headset, with the option of an additional electrode on your head to measure your brainwave activity.

During your session, you will play games or watch videos and receive feedback in real time regarding your performance. This lets you know when your brainwaves are in the desired state and when they're not. Over time, these training sessions will help regulate your brainwaves and allow you to achieve your goals.

## What can I use neurofeedback for?

Neurofeedback has been used to alleviate symptoms for conditions such as attention-deficit hyperactivity disorder (ADHD), anxiety, addiction, traumatic brain injuries, and more.

In addition, it has also been used to improve performance and enhance one's overall wellbeing.

## How long is a neurofeedback training session?

Sessions typically last between 20-30 minutes, on average, depending on your goals and program. Most treatment plans recommend 30-40 sessions.

## What do I need to begin training?

To get started with training, you'll need:

- A training kit, complete with a Muse headset, external electrode, and conductive paste
- A device to train on, like a phone or tablet
- An internet connection
- A training program, customized by your mental health practitioner
- The desire to achieve your brain goals!

Contact us for more details.

## Where can I learn more about the science behind neurofeedback?

We're glad you asked! You can learn more about the science behind neurofeedback by going to:

<https://www.myndlift.com/neurofeedback-science>