



NEUROFEEDBACK THERAPY

What is Neurofeedback?

Often our brains can get dysregulated and are not running optimally. Neurofeedback is a means of using neuroplasticity to train the brain to function more optimally. Ever feel sluggish, low energy and low in mood? You may have too much slow wave in your brain or too much alpha (fast) waves in the brain. Through training your brain to suppress the alpha wave and activate at higher levels you can feel a burst in energy, attention and positive mood. Ever feel like your mind is racing, you can't get to sleep or you have stress, tension and anxiety? You may have too much unhelpful fast wave in your brain. Through training your brain to suppress excess fast wave and train lower at a more relaxed yet still focused state, you can decrease levels of stress and anxiety, get to sleep more easily, and have more energy to focus on the things that matter.

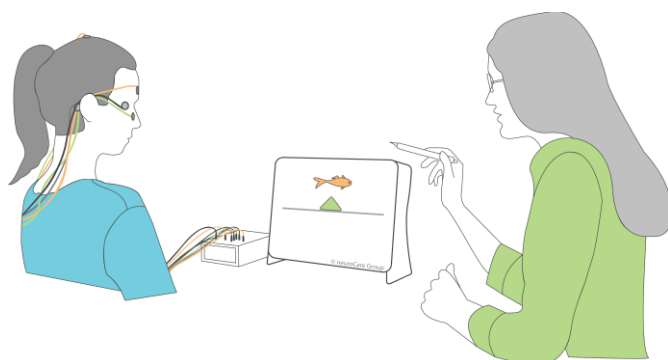


A side-effect-free and medication-free option, scientifically proven to have long-term effects

Neurofeedback therapy can be a safe and sustainable way to help children or adults with ADHD and/or Sleep Disturbances and insomnia, without the need for medication and its associated side-effects. Protocols which are backed by leading scientific research and use state-of-the-art assessment tools to personalise the program to the individual. Neurofeedback rewards the brain for changing its activity to more appropriate patterns. In this way, the learning process is then sustained after numerous sessions for long-term benefit.

How Neurofeedback works

Neurofeedback 'trains the brain' for better cognitive performance and to help regulate certain brain activities. Patients attend sessions **at least 2 times per week** for anywhere between **30 to 40 sessions**. After the learned brain activity has been consolidated, no further sessions are needed.



Advantages of Neurofeedback for Sleep Disturbance

Safe

Neurofeedback follows a comprehensive assessment, so that the program is of optimal benefit to the patient.

Improves Sleep

Getting a good night's sleep is important for people with mental health issues such as insomnia. By training the brain to less overactive states, Neurofeedback can make it easier to fall asleep and stay asleep.

No side effects

Neurofeedback is proven to be safe and other than feeling a little tired after a session, there are no side-effects to this brain training technique. Unlike certain medications, Neurofeedback therapy has the advantage that it does not cause side effects.

Natural

The efficacy of Neurofeedback relies on a gradual and natural learning process in the brain, like learning a musical instrument or sport. Once the new brain activity has been learnt, the positive effects can be sustained. Think of it like a "gym for the brain".

Scientifically Proven

Protocols which have been rigorously tested in science and use technologies that are supported by these studies. By doing a comprehensive QEEG and sleep assessment, the Psychologists and Psychiatrists are equipped with a deeper insight into your sleep activity, insomnia symptoms and can tailor the program to your individual brain activity.