

Can Computerized Brain Training Help Employees Stay Sharp in the Workplace?

NASA combines BrainTrain Memory Gym with neurofeedback in study.

Richmond, VA ([PRWEB](#)) October 09, 2013 -- NASA scientists are conducting a pilot study to investigate the effects of computerized brain training on the attention and memory of its staff members. The protocol used in the study combines training using the BrainTrain Memory Gym CE and the Neurosky MindWave neurofeedback headset. The object of the study is to determine the value of brain training as it relates to improving performance in normal adults.

Over the course of 8 weeks, a group of 10 volunteers recruited from NASA civil servant and contract personnel, will complete 10 hours of training. The sessions will combine progressively challenging memory and attention exercises with neurofeedback designed to help the user achieve a relaxed, receptive learning state. Subjects will only be selected who have no history of a neurological disorder, traumatic brain injury, or cardiovascular disorder. At the end of each session, participants will be asked to complete a written assessment of their experience. In addition, standardized memory and attention tests will be administered before and after training.

The BrainTrain Memory Gym CE is a challenging brain gym intended for high-functioning adults who want to maintain their attention and memory throughout life. The Gym contains over 200 increasingly demanding working memory exercises designed to help the user stay sharp, fast, and mentally flexible. The NeuroSky MindWave headset is used in conjunction with the Memory Gym to help the participant learn to remain relaxed, calm and focused as the exercises become more difficult.

According to Dr. Joseph A. Sandford, clinical psychologist and president of BrainTrain, Inc., "The human brain is the great 'use it or lose it' machine. Like aerobics for the mind, brain training exercises can be vital for helping adults maintain the attention and memory skills essential for success in their work and home life. Brain research shows unless they stay mentally active, most people are likely to lose almost half of their working memory during their lifetime. The workplace is constantly evolving in mental demands and complexity. What a difference it could make for America's businesses if they incorporated a brain gym workout into each employee's daily routine!"

This pilot study began in June and preliminary results are expected to be available in the fall of 2013.

About BrainTrain, Inc.

BrainTrain, Inc. was founded in 1989 by Joseph A. Sandford, Ph.D. Before becoming a clinical neuropsychologist, Dr. Sandford was a professional computer programmer, so it was natural for him to perceive how the computer could be an indispensable tool for helping people. Using the computer as a way to improve people's quality of life through cognitive enhancement continues to define BrainTrain's mission.

Learn more about the BrainTrain Memory Gym CE at <http://www.braintrain.com/memorygymseries>



Contact Information

Virginia Sandford

BrainTrain, Inc.

<http://www.braintrain.com>

(804) 320-0143

Online Web 2.0 Version

You can read the online version of this press release [here](#).