

[Link to the web store](#)



Duration: 20 minutes

Eyes: gladly open

Headphones:
recommended, but not
obligatory

[\[Link\]](#) to the info page with
the possibility to listen in

What is special about this program? Cognitive training is important to keep your thinking apparatus on its toes, especially your memory. Normal brain training consists of crossword puzzles, brain jogging, "thinking outside the box", playing chess, etc. Anything that gets your brain working is useful.

Cognitive training with Neurostreams™ is not a classic head workout, because you don't have to do anything at all. Just listening to the program already does something in your head: cognition ammunition accelerates your neuronal activity patterns and makes your grey cells fit. The sounds help to sharpen your focus and increase your ability to pay attention. A side effect is that emotional stability is strengthened, so you are not distracted by emotional fluctuations.

What does this program consist of? These sessions consist of isochronous beats and instrumental background music. The left and right ear hear the same beats.

The beat frequency starts at 10 Hz and picks up your dreamy alpha waves there and raises them to the beta value of 20 Hz in just under 7 minutes, keeps your mind there for approx. 20 minutes and releases you at 15 Hz in the SMR range - from where you can switch directly to the "flow" zone.

Who is it best for? This program is ideal for anyone who wants to get or keep their brain going.

When to listen? Whenever there is an opportunity. But not before going to bed.

What to look out for when listening? You don't have to pay attention to anything in particular, you don't even have to listen very carefully. It's a perfect side session.

When does an effect occur? How can I recognize it? It is very likely that you will experience a certain amount of head pressure when listening, especially during the first few applications. This is a sign of increased blood flow to the thinking apparatus and high neuronal activity. The pressure is released by itself within a short time.

How often should I listen? Twice a day for two weeks at the beginning. Later, two to three sessions a week will be enough - regardless of whether you listen sitting down, standing up or walking and doing something different.