

Brain HQ

The cognitive benefits are proven More than 100 published scientific papers show the benefits of BrainHQ exercises and assessments. Most of these were independently conducted by scientists at respected universities, such as the University of California, Stanford, and Johns Hopkins. Click any benefit below to learn more about related studies.

more self-confidence | **less likely to develop depressive symptoms** | **reversal of age-related slowing**

87% improve cognitive function | **faster neural timing** | **better mood**

2X faster visual processing speed | **10 years in memory** | **48% fewer at fault car crashes**

lower medical costs | **better hearing in noisy places** | **better self-rated health**

63% improvement in useful field of view | **protection against health decline** | **increased brain activation**

38% fewer dangerous driving moves | **improved visual AND spatial attention** | **135% faster auditory processing** | **improved "locus of control"** | **more happy days**

brainHQ
from Posit Science

Raising the bar on brain training

