

About Our Assessments and Exercises



- Developed by a team of more than 100 scientists from leading universities around the world
- Covered by more than 50 patents
- Funded by grants from the National Institutes of Health and the US Department of Defense
- Reported on regularly by major media including The Today Show, NBC News, the Wall Street Journal, USA Today, and Science Magazine
- Shown effective in more than 100 peer-reviewed journal articles
- Provided free at hundreds of libraries
- Offered at leading hospitals, academic research centers, military medical centers, and sports training facilities
- Recommended by the AAA Foundation for Traffic Safety

"I keep thinking of all the people who can benefit from BrainHQ."

The science is solid, and studies show the exercises work. The fact that we can do something to retain and enhance our powers of concentration, understanding, and memory is very exciting to me both professionally and personally."

-Horace B. Deets
former Executive Director of AARP

Dr. Michael Merzenich

Professor Emeritus, UCSF
Co-Founder & Chief Scientific Officer, Posit Science
Member, the National Academy of Sciences & the
National Academy of Medicine
Winner, Kavli Prize in Neuroscience



"At every point in life, the brain's natural plasticity gives us the ability to improve **how our brains function.** At Posit Science we've solved how to harness that remarkable capability."



brainHQ
from Posit Science



brain speed
attention
intelligence



people skills
navigation
memory



Think faster, focus better, and remember more with BrainHQ—the online brain-training program from Posit Science. More than 100 scientific studies show it works, providing a broad range of cognitive benefits.

About Posit Science

Posit Science was established to transform cutting-edge discoveries in brain research into practical programs that can make a difference in people's lives.



What Is BrainHQ?

BrainHQ is an online neuroplasticity-based brain-training system. BrainHQ:

- Includes 29 different brain exercises
- Exercises attention, memory, brain speed, people skills, intelligence, and navigation
- Adjusts to individual performance—so everyone works at the right level for them
- Is challenging and engaging
- Can be used on a computer or mobile device
- Requires no prior computer experience

Who Is BrainHQ for?

BrainHQ is for people who want to:

- Think faster
- Focus better
- Remember more
- Drive more safely
- Live more confidently
- Take care of their brains

What BrainHQ Users Say

Brain training helped to motivate me to do other healthy things as well. You are doing one thing so you think, I might take some vitamins and get outside. It prompted a whole well-being.

-Bobi-Rose



I loved learning how to activate my brain and use it to full capacity. I am still brain training now, because I feel better for it.

-Koko

Proven in Labs

BrainHQ exercises have been tested in more than 100 published scientific papers—most conducted by independent researchers and all meeting the gold standard of randomized, controlled, peer-reviewed trials. Three of the largest studies are the **IMPACT Study**, the **IHAMS Study**, and the **ACTIVE Study**.

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The IMPACT Study (487 people) examined a set of auditory exercises from BrainHQ. It showed that BrainHQ users improved memory 420% more than those in the control group. These improvements "generalized" beyond trained tasks and users reported positive changes in their everyday lives.

The IHAMS Study (681 people) showed that people who trained with a set of BrainHQ exercises made significantly greater cognitive gains than people who spent the same amount of time on crosswords.

The ACTIVE Study (2,832 people) generated dozens of papers on the effects of the BrainHQ exercise Double Decision. Among other things, they showed that BrainHQ users significantly improved visual processing speed, improved mood (people felt more confident and had a 38% reduction in the risk of developing depressive symptoms), and improved driving safety—cutting at fault-car crash risk by 48%. Many effects were still significant several years later, even without continuous training.

These findings represent real improvements in aspects of brain health that are important to work, safety, and the enjoyment of life.

How It Works

BrainHQ doesn't teach memory tricks or other shortcuts. Instead, it addresses the elemental processes in brain function that feed into higher-order abilities, like memory and attention.

Speed

How quickly the brain can process information—such as what we see and hear—is essential to mental sharpness and memory. If we don't capture information as it flies in quickly, we can't recall it or act on it. BrainHQ increases the speed at which we can reliably process information.

Accuracy

The accuracy with which we process information from our senses is also important. If the information gets processed "fuzzily," it is harder to store in memory, recall, or use. BrainHQ targets the brain's ability to make clear and strong representations of information.

Recording

Our brains naturally release chemicals to record information we deem important. With age and in other various conditions, however, the brain system that controls this release can grow sluggish. When too few chemicals are released, recording is weak, making the information hard to recall. BrainHQ is designed to stimulate the machinery that produces brain chemicals that strengthen memory and enable learning.

By addressing these core issues, BrainHQ improves our ability to capture information quickly and accurately and remember better.