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<http://www.peakachievement.com/homeuser/Focus-training-study-1H>

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University Study Shows Attention and Behavior Problems Can Be Improved:

Major Decreases after Just Five Hours of Drug-Free Training

LOUISVILLE, July 9, 2013 - A brain training study conducted at the University of Louisville and published in the July issue of the journal **Clinical EEG and Neuroscience** showed that [attention and behavior problems can be improved](#) with just five hours of computerized FocusedAlert biofeedback training. The article, "[Neurofeedback Training Aimed to Improve Focused Attention and Alertness in Children With ADHD: A Study of Relative Powers of EEG Rhythms Using Custom-Made Software Application](#)," was written by researchers from the Cognitive Neurosciences Laboratory, including Dr. Estate Sokhadze and Dr. Allan Tasman, the Director and Chairman of the Department of Psychiatry.

The key advance here is that by using the [Focus and Alertness neurofeedback](#) (brainwave biofeedback) of the [Peak Achievement Trainer](#), highly effective brain training was accomplished in a lot less time, a total of five hours--twelve sessions, only one a week, instead of the usual two or three. The authors state, "Our study shows that improvement can be indicated within a shorter

number of sessions (i.e., 12) compared to previous protocols that required more sessions per participant (>30) to statistically indicate significant improvement either in EEG or in behavioral measures." The brainwave measurements were easier to understand, leading to faster brain fitness training, and the clients were kept interested by the [neurovideofeedback](#), which played a DVD with nature scenes only when they were focused and optimally alert. The DVD image became larger when they were more focused and brighter when they were more alert. Each training session took 25 minutes.

Training produced some remarkable changes in behavior according to a rating scale, the Aberrant Behavior Checklist, filled out by the parents. Both hyperactivity (which improved 29%) and lethargy (51%) were very significantly normalized, and there were even more significant decreases in inappropriate speech (34%) and irritability (29%). These changes were paralleled by the improvements observed on the IVA+ (Integrated Visual & Auditory Continuous Performance Test) test of attention. The post-training scores on the Attention Quotients were very significantly better, and reaction times were significantly faster. The sizeable enhancements of visual and auditory attention were about equal. The unique, patented brainwave training methods of the Trainer also very significantly improved key ratios of brainwaves (theta/beta; theta/alpha) which relate to improved attention.

[Dr. Jonathan Cowan](#), neuroscientist, inventor of the Peak Achievement Trainer and the [Peak BrainHappiness Trainer](#), and the President of Peak Achievement Training, states: "Although we do not wish to make any claims regarding ADHD due to the FDA's restrictions on device manufacturers, we believe that the major improvements experienced by the subjects in this study speak for themselves. This innovative method of brain training has the potential to help many people, with or without any clinical diagnosis, to improve their quality of life by directly

strengthening their ability to focus and sustain their attention. This technology can be used by individuals, in schools, the workplace, executive training, athletic clubs and teams, senior centers, assisted living facilities, and mental health care centers.”

TV producers who are interested in creating segments on this topic may contact Dr. Cowan.

About NeuroTek:

[NeuroTek, LLC, d/b/a Peak Achievement Training®](#), is a revolutionary performance enhancement technology company that has created the world’s first simple, accurate external interface between the human brain and a PC. The Peak Achievement Trainer® enables human performance improvement by measuring and displaying Focus, Alertness, and Awareness using special add-on computer hardware and software. The company’s proven technology has benefited professional athletes and corporate executives who wanted to excel, as well as children and adults who had attention problems.

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