

WANT TO GET TOP RESULTS ON THAT EXAM OR BE THE BEST AT WORK?

REACH YOUR BRAINS A-GAME!

DID YOU KNOW...

It takes

20

MINUTES

to regain focus after being distracted.



Not getting the sleep you need, or drinking alcohol are two factors that slows your brain down.

iQ

Being distracted by notifications incoming calls or emails lower a person's IQ by 10 points.

We live in a society with constant information flow, because of this people are finding it harder to focus their thoughts on a task at hand. Whether it's a kid solving a math problem, a doctor who takes care of a patient or an engineer having trouble to focus.

How can we turn this ongoing trend?



MEASURE YOUR OWN BRAIN ACTIVITY FIND OUT HOW FOCUSED YOU ARE AND HOW TO IMPROVE

For example: Doing several things at the same time?



By multitasking, you often feel more productive even though you do 30 % more errors and over time, since you don't focus, you also get less smart.

Measure your brains activity while you study or work and you'll find out when and where you are the most productive. Also you can try out different methods.

HOW?

By adding a small device to your glasses (Google glasses or regular ones) you are able to measure your brain activity.

- For how long can you focus today?
- Will that time improve if you sleep one more hour/night?
- Did that extra cup of coffee help?

This device will give you the answer and present to you statistics of how well you focus.



LEVEL OF BRAIN ACTIVITY



This is how you can reach your own best potential in a society where it's easy to get distracted and people are losing more and more of their daily focus. In our forum people are sharing their data and what works for them.

Join us and make the world a more focused place!

/Brains A-game