



# EXCELLENT BRAIN

## Excellent Brain – user manual

### **Thank you for purchasing the “Excellent Brain” improving focus and attention - training kit**

The Excellent Brain training kit is a neurofeedback brain training technology. Neurofeedback is a scientifically proven method of training the brain to improve attention and focus. The training is performed using a sensor placed on the trainee forehead and measuring the electrical waves emitted from the brain (EEG) in real time. The sensor connects to a computer game via a Bluetooth connection, and transmits the brain waves of the trainee. The computer games in Brain Excellent software do not have a joystick or a mouse and the game is played in the power of thought. Only when the brain is in 'correct' mode for attention and concentration does the athlete progress in the game and accumulate points. Thus, the brain in a positive feedback system learns to be at the frequency it needs for attention and concentration.





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## **Initial operating instruction**

### **Pairing the sensor to the computer (one-time operation)**

Make sure that there is a proper Bluetooth connection and work on the computer, use the sensor when it is less than three meters away from the computer and make sure that it has a normal AAA battery. (See detailed in the Sensor Coupling Guide supplied as a separate file)

### **Software installation**

Upon receiving the kit, you received an email with a link to download the Excellent Brain software. Click on the link and download the software to the same computer that the EEG sensor is paired.

When the installation is completed, an 'Excellent Brain' icon will appear on the computer desktop. Clicking on the icon allows the program to run.

**IMPORTANT:** The sensor must be turned on before running the software.

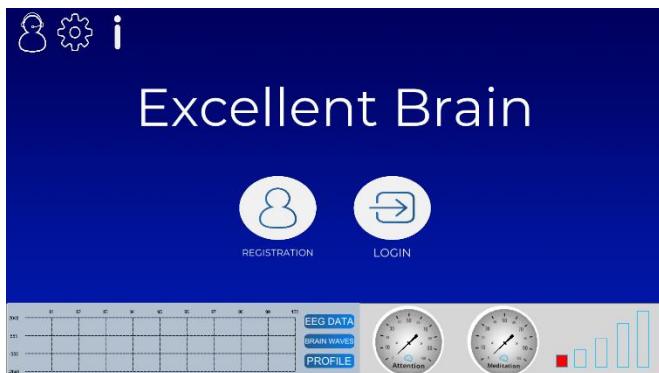
### **Registration**

- When you run the software for the first time, you must click on the registration button and sign up. as part of the registration process you will be asked to choose a personal password.
- The email address you selected is your user name. After the registration is completed, you will get a registration confirmation. If you have already registered previously, there is no need to re-register.



## Connecting

Log in by clicking the login button using the user name and password you chose in registration. The system will recognize you.





## Start practicing

You can use the 'Excellent Brain' system in two ways:

- Training program – a progressive automatic personal training program. Each session is comprised of several pre-selected activities. You must complete the session in order to proceed to the next one.
- single activities - between training sessions and when having the time, you can choose different neurofeedback games at diverse levels of difficulty. This function allows you to set your individual goals and play (practice) in “turns” with a friend or family member.

The image displays three screenshots of the Excellent Brain software. The top screenshot shows the main menu with icons for account status, help, and settings. The middle screenshot shows the "Activities" screen with various game options like "Princess in the Palace" and "Whale". The bottom screenshot shows the "Main Training Program" screen, which includes a progress bar, session details, and a summary of the next session's information.



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## About the training sessions

- The "excellent brain" neurofeedback training consists of short activities in which the trainee trains the brain to better focus and pay attention to his or her abilities and to those factors that interrupt. Each activity takes about two minutes.
- Throughout the activity the trainee accumulates scores each time his brain is in the "correct" frequency. At the end of each activity a graph will appear on the screen presenting the level of attention gained during the activity. using this graph, one can explore and improve the understanding of its own behavioral aspects of focus and attention.
- In addition to the diverse activities that already exist on the platform, we, at Excellent Brain, update and add new activities from time to time. The system offers the trainee a wide variety of activities that provide the level of excitement, pleasure and interest required to complete a full training program.

### The basic training program

The Basic Brain training program was developed and designed by a team of experts to enable you to train your focus and attention abilities most effectively through neurofeedback.

The structure of the program is directly derived from training protocols published to be beneficial. Each session lasts about 20 minutes presenting several activities (games), the length of each activity is about 2 minutes.



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Brain learning is based on the principle of repetition. In other words, we perform a repetition of the brain action required to reach the attention until it becomes a pattern, thus creating a change that stays with us over time.

**pay attention! In order to make the most out of the training program and get effective results, the recommended frequency for training sessions is two to three times a week.**

## Training program by stages

The 'Excellent Brain' training program is comprised of three main stages. At each stage and as the training continues, the trainee progresses at difficulty levels and the system will introduce new activities and new challenges.

### **Part A: session 1 - 5**

The trainee learns to use the system and takes his first steps in the training program. The main consideration at this stage is familiarity with the program and with yourself.

### **Part B: session 6 - 10**

Getting into it. This is the stage where the trainee enters the training routine after finishing "exploring" it. He must be able to practice independently and fully understand the training and actions he needs to perform and be aware to his reactions while keeping his attention or losing it. Getting to know yourself is not self-evident.



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## **Part C: the main training program**

The longest and most challenging stage, in which the trainee must be consistent and carry out the full training program. The challenge is great and there is a need for encouragement and empowerment from the immediate surroundings. This support is very important for completing the program.

### **Guidelines for the trainee**

It is advisable to plan and schedule your training sessions.

Do not eat or drink during exercise - this interferes with the quality of signals received from the sensor.

It is recommended to review the graph at the end of each activity and to understand what happened to levels of focus throughout the activity and what factors influenced it.

It is recommended to prepare a list of positive events that occurred in your daily life that you think were influenced by the Excellent Brain training program.

### **Technical support**

Applications to the "Excellent Brain" Technical Support Department please send to:

[support@excellent-brain.com](mailto:support@excellent-brain.com)

for more information: <https://www.excellent-brain.com>

**Good Luck!!**