

NEUROFEEDBACK FAQ

The most commonly asked questions by consumers about neurofeedback generally revolve around its process, effectiveness, safety, and the conditions it can treat. Here are some key queries along with summarized responses:

- 1. What is Neurofeedback?** Neurofeedback, also known as EEG (electroencephalograph) biofeedback or neurotherapy, is a brain-training technique using real-time monitoring of brainwave activity to help the brain modulate its patterns. It's a form of biofeedback specifically targeting brainwave patterns.
- 2. What is LENS Neurofeedback?** The Low Energy Neurofeedback System (LENS) is a specific type of neurofeedback that works much faster than "traditional neurofeedback" and operates passively without requiring any conscious effort from the client, making it ideal for people who are unable to sit still for long periods of time.
- 3. How Does LENS Neurofeedback Work?** During LENS neurofeedback sessions, sensors attached to the scalp monitor brainwave activity, processing the signal through the LENS software, and then providing a very low energy signal back through the sensors, helping the brain learn to function more efficiently.
- 4. What Issues Can LENS Neurofeedback Help With?** LENS Neurofeedback has been found effective in managing a wide range of issues, including anxiety, stress, depression, ADHD, PTSD, sleep disorders, migraines, addiction, autism, memory disorders, cognitive issues, and even improving performance in various fields.
- 5. Are There Any Side Effects?** Neurofeedback is safe and non-invasive with very few reported side effects, if any, and they are usually only temporary.
- 6. How Long Do Sessions Last?** LENS neurofeedback, as compared to other traditional forms of neurofeedback, offers more time-efficient sessions. For LENS, the initial consultation and session may take 30-45 minutes. Follow-up sessions usually last around 15 to 20 minutes.
- 7. How Many Sessions Are Recommended?** LENS neurofeedback provides efficacy in a shorter total number of sessions as compared to other traditional forms of NFB. The number of sessions varies depending on the individual and the issues being addressed. Many people will notice changes after only a few LENS sessions; however, a minimum of 6 sessions is recommended, and to sustain longer-lasting results, a range from 10-18 sessions is typically suggested. This varies from other forms of neurofeedback that can take up to an hour

per session with a recommended duration of around 38 sessions.

8. **How Effective Is LENS Neurofeedback?** LENS Neurofeedback is very effective. Over 85% of people who have used LENS have benefited significantly from it.
9. **Who Can Benefit From Neurofeedback?** Individuals of all ages, from children to adults, can potentially benefit from neurofeedback. People often report general benefits such as improved sleep quality, reduced stress and anxiety, better concentration, heightened cognitive function, and enhanced peak performance.
10. **Can Neurofeedback Be Combined With Other Therapies?** Neurofeedback can be used by itself or as part of a comprehensive approach that includes other therapies and interventions.

