

Interactive Metronome (IM)

Interactive Metronome utilizes audio and visual biofeedback to improve neurotiming.

How does IM work?

The Interactive metronome is a training tool that improves neurotiming, or the synchronization of neural impulses within key brain networks for cognitive, communicative, sensory and motor performance. By doing so, it is increasing the integrity of the brain's white matter tracts - enhancing communication between critical brain networks. Providing biofeedback in the form of auditory and visual inputs, it allows the patient to make immediate, real-time corrections to improve timing and rhythm over the course of the training session - improving the resolution and efficiency of an individual's internal brain clocks.

Neurotiming is a "jack of all trades" mechanism that manifests itself in sleep cycles, speech patterns, ability to attend over time and overall efficacy of brain communication.



The Interactive Metronome can improve timing in the brain in an organized, systematic, flexible and engaging format that restores function rather than simply adapting to deficits.



Clinically Proven Benefits

- Improves reaction time
- Builds cognitive endurance
- Improves attention
- Enhances memory
- Improves processing speeds



Symptoms Addressed

- Movement disorders
- Developmental delays
- Reading delays
- Fatigue
- Focus and concentration deficits
- Brain fog