

brainLight[®]

LIFE IN BALANCE

Effectiveness studies with
the **brainLight**[®] Synchro **clever**



Bright minds with **brainLight**

Field reports of effectiveness studies with children and adolescents

- 1) in families,
- 2) in tutoring institutes and
- 3) in institutions for children and young people



- **Test duration:** 2 – 4 sessions per week over a period of approx. 3 months
- **Test subjects:** School children at the age of 9 – 18 years

Confirmed effects:



- faster and easier learning possible
- increase in concentration
- mood enhancement
- motivation enhancement
- significant increase in performance at school
- help with difficulties in falling asleep and sleeping through the night
- positive personality development

1) Feedback from families – positive outcomes included:



- Clearly measurable learning successes
- Improvement in grades with long-term effect
- Increase in the ability to concentrate
- Positive effect on the whole family.

... a learning environment at home:



Tip:

- Schedule 2 - 4 sessions per week.

Result:

- Faster learning possible after relaxation.

Example Jannis, age 11:

Jannis has learning difficulties in English.



Results:

- Jannis was enthusiastic about the **brainLight** sessions from the beginning.
- He can now concentrate better.
- Before, there was not enough time during class tests. Now he manages to finish.

Example study with extended family from Bavaria:

Boy, age 9, has Attention Deficit Hyperactivity Disorder (ADHD).



Results:

- He can concentrate better and learn more easily after three months of **brainLight** use.
- Parents and grandparents also received support in parenting with **brainLight** sessions.

Example family:

- Son is sometimes aggressive.
- Daughter has high school graduation panic.



Results:

- Son is more balanced and not so aggressive after **brainLight** session. He was able to improve his grades from 4 - 5 to 2 (1 being the best mark in the German school system - 5 and 6 are failing marks).
- Daughter has no more graduation panic.
- Mother also uses the system and has success with it.

Example high school graduate and handball player Basti:



Result:

- can learn more easily after daily **brainLight** session
- has more confidence in class tests
- is better at handball.

Example family from Stuttgart:

- Julia (17 y.): Grade of "poor" in mathematics and panic of failure.
- 19-year-old son has driving school exam coming up.

Results:

- Julia was able to achieve a "satisfactory" grade in mathematics after daily **brainLight** use and tutoring.
- 8- and 12-year-old children: after daily **brainLight** sessions, there was a relief in everyday school life, a brightening of mood as well as better grades.
- The 19-year-old son passed the driving school exam well and relaxed with **brainLight**.

2) Experiences in tutoring institutes:



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Good learning results were achieved when using the **brainLight**[®]-System in the tutoring institute in Versmold (City in North Rhine-Westphalia):

The tutoring students use the **brainLight**[®]-System before the tutoring lessons.



Result:

Teachers and parents confirmed a significantly better learning situation and learning performance.

Experiences in tutoring institutes:



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Example Merlin W., 6th grade:

- **Problems:**
 - Reading and spelling disability (LRS)
 - dyscalculia
 - Attention Deficit Hyperactivity Disorder (ADHD)
- Did a **brainLight** session before each of the exercise classes.

Results:

- **Grade improvement from 5 to 3** (1 being the best mark in the German school system – 5 and 6 are failing marks).
- Increase in concentration
- Able to sit still longer.

Experiences in tutoring institutes:



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Example Maren H., 15 years, high school:

- took tutoring lessons in mathematics
- did a **brainLight** session each time before the practice sessions

Results:

- significant increase in concentration
- was very relaxed after the session
- performance improvement in mathematics.



3) Experiences in child and youth welfare facilities:



Example: Kinder- und Jugendhilfe gGmbH WANEGO
(Child and Youth Services gGmbH WANEGO)

Here many positive experiences were made with the **brainLight-System**.

Statement of the director Mrs. Gotscha:

"I am 100 percent convinced that doing **brainLight** sessions on a permanent basis is helpful in any case, supports the children positively in their development and helps them to learn."

Experiences in child and youth welfare facilities:

Example Mario, age 14:

Conducting an effectiveness study over the course of 3 months.

Results:

- Mario appeared more relaxed following the thirty-minute relaxation sessions.
- By repeating the sessions several times after the school day, homework and other leisure activities were performed much more calmly and with more concentration.
- Overall, the lively adolescent became calmer.

Experiences in child and youth welfare facilities:

Example Günther, 14 years:

- Due to abnormalities in the EEG, visualization glasses were omitted.
- **brainLight** session with own playlist: Günther wanted to listen to his own music and thus had more patience to perform the **brainLight** sessions regularly.

Results:

- Following the sessions, he became significantly more balanced.
- The conflicts in the residential group could be better managed.
- His mood has noticeably improved!

Experiences in child and youth welfare facilities:

Example Jonas, age 14:

Jonas is a very reserved and introverted adolescent.

Results:

- After the sessions, one could see an increase in his self-confidence based on his posture.
- He also showed more self-confidence in dealing with the young people in his residential group.
- The intensity of the light impulses could be increasingly increased.

Please contact us if you have any questions about our experience with the **brainLight**-Clever programs or if you want to test the programs yourself:

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