



The Focus Training System of Mentalytics

Introduction

Mentalytics AB, founded in 2002, are pioneers in mental health and performance technology, providing innovative solutions that integrate advanced algorithms with intuitive, user-friendly software to help individuals enhance their focus and cognitive abilities. This scientific product brief outlines our proprietary Focus Training System, which combines our cutting-edge software with a third-party wireless EEG headband to deliver scientifically grounded and engaging focus training.

EEG Hardware and Algorithms

Our Focus Training System currently employs third-party wireless EEG headbands that offer an affordable yet highly effective solution. These headbands utilize a one-channel setup that includes three sensors: an EEG sensor, a reference sensor, and a ground sensor. This configuration ensures optimal signal quality on the frontal lobe, making it suitable for precise and reliable focus measurement while maintaining user comfort and convenience.

The algorithms driving our system are based on well-established standards for assessing focus, analyzing the ratio between low beta and theta brainwave activity¹. These algorithms are underpinned by over 20 years of experience in applied EEG, ensuring that our system is not only scientifically sound but also highly effective in evaluating and training focus. Moreover, our algorithms are continually updated with the latest research findings, and our methods are regularly audited by leading neuroscientists to ensure ongoing accuracy and effectiveness.

Software and User Experience

The core of our Focus Training System lies in its engaging and easy-to-use software. Designed with the user experience in mind, our software offers a variety of training games that provide real-time feedback, allowing users to monitor and improve their focus dynamically. These feedback mechanisms are intuitive and straightforward, enabling users to quickly grasp how to enhance their concentration and apply these skills in real-life situations.

Through consistent use, our training program empowers users to progressively build their ability to concentrate for extended periods, even in demanding environments. The skills developed through our system extend beyond the training games themselves, equipping users with the ability to deliberately focus when it matters most—whether in sports, academic settings or at work. Employees at Kia Motors in Slovakia e.g. showed a 35% decrease in errors made at work after performing our focus training.

¹ <https://link.springer.com/article/10.3758/s13415-013-0238-7>
<https://academic.oup.com/edited-volume/44425/chapter-abstract/374614182?redirectedFrom=fulltext>



30-Day Scheduled Training Program

To maximize the effectiveness of our Focus Training System, we provide a meticulously designed 30-day training program. This program has been carefully calibrated for accuracy, ensuring that users achieve meaningful results within a realistic timeframe (30 days). We provide tailored lessons to maximize the effect of the training. Software in the making will provide a personal trainer program adapted to specific needs for every person.

The program recommends that users engage in training for 10 minutes per day, five times per week, for four consecutive weeks. This schedule has been validated by our team of neuroscientists and is based on established principles of neuroplasticity, which suggest that consistent, moderate training yields the best results in focus enhancement.

Our software actively tracks each user's progress, monitoring adherence to the training schedule and providing reminders to help users stay on track. This tracking not only encourages consistency but also allows users to see their improvement over time, reinforcing the benefits of regular focus training.

By the end of the 30-day program, users can expect to see significant improvements in their ability to focus, with benefits that extend into their daily lives, whether at work, in school, or in other demanding environments.

Similar to physical training, maintaining mental focus requires ongoing practice even after completing the initial 30-day program. We recommend continuing with two to three 10-minute sessions per week to sustain and further enhance focus.

Applications and Benefits

The Focus Training System by Mentalytics AB is designed to have a far-reaching impact on users' daily lives, offering benefits that include:

- **Improved Focus and Performance:** By training their focus through our system, users could significantly enhance their cognitive performance across various domains, including professional tasks, academic pursuits, and athletic activities.
- **Better Sleep and Higher Energy Levels:** User testimonials confirm that consistent focus training has the potential to improve sleep quality by facilitating relaxation before bedtime. Many users have also reported increased energy levels during the day, identifying this as one of the most significant benefits they personally experienced from the training.

Conclusion

The Focus Training System from Mentalytics AB represents an advanced and scientifically validated approach to enhancing focus and cognitive abilities. By prioritizing the effectiveness and enjoyment of our software, while ensuring that our methods are continuously refined and scientifically audited, we aim to make focus training accessible, impactful, and beneficial for all users. Whether you are a professional, athlete, or student, our system can help you harness the power of focus precisely when you need it most.

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For more information or to explore partnership opportunities, please contact us at info@mentalytics.com.