











## INSTRUCTIONS FOR USE

### Position the headset

- 1 Turn on the device using the ON/OFF switch
- 2 Position the frame behind the head and above the neck
- 3 Position the earphones on the bones situated in front of the ear
- 4 Adjust the microphone so it is 3cm from the mouth and slightly to the right

### Do the exercises

Forbrain® should be used as a workout, and therefore requires daily use for a period of 6 to 10 weeks.

- 10' day  
Children from 3 to 5
- 15' day  
Children from 5 to 15
- 20' day  
Adolescents and adults
- 30' day  
Elderly persons
- 3x20' day  
Intensive course (2 weeks)
- Specific program  
If you are having therapy or receiving professional support, Forbrain® can be a complementary tool, easy to combine with the other work you are doing.

### Posture



## ABOUT

Forbrain® is a product by SOUND FOR LIFE Ltd, a company specializing in the design of cognitive enhancement technology.

SOUND FOR LIFE Ltd is the owner of many renowned patents and brands. Forbrain® has been developed in partnership with AFTERSHOKZ LLC, world leader in bone-conduction technology, and is available worldwide via an extensive network of specialized distributors.

  
**AWARDS 2015**  
WINNER



Voted **Best Special Educational Needs Solution** at the Bettshow, UK, the International Fair for Educational Technologies.

Selected as best product in the **Family Choice Award**, a competition which for the past 20 years has been helping families to choose the best products and technologies in the USA.



Forbrain® was scientifically assessed by the **University of Barcelona** in the study: 'Neural mechanisms underlying Forbrain® effects' concluded on 15 June, 2015. The study demonstrated the effectiveness of Forbrain® in improving speech, attention level, and stress management.



Several experimental studies are currently being conducted at universities and hospital study centres in the USA, Spain and Poland.

*This product is recommended to you by :*

**Tina Oliver**

**Affiliation Number 10% discount**  
**3A0100645**

More advice and information at  
[www.forbrain.com](http://www.forbrain.com)

Forbrain® is not a medical device and not intended as a substitute for medical treatment.  
Forbrain® is a learning tool that is not validated by the medical authorities.

# FORBRAIN®

Use your **voice** to boost your **brain**



## ATTENTION

## SPEECH

## MEMORY



## A UNIQUE PATENTED TECHNOLOGY

Forbrain® functions as an audio-vocal workout. The moment you speak, this unique device **corrects the sound of your voice via a dynamic filter**.

The sounds are immediately **transmitted back to you by bone conduction**, that is, by vibration through the bones situated in front of the ears. You won't hear any echo, but you will hear your voice differently.

### The dynamic filter

By using Forbrain® you will perceive your own voice filtered and modulated by a frequency-modifying filter.

This filter is dynamic, meaning it continually activates and de-activates depending on the sounds you are uttering. It is programmed to amplify high frequencies and soften low frequencies, and is triggered by the initial articulation of words and by the pronunciation of long vowels. It highlights the so-called 'bright sounds' which play a very significant role in language development.

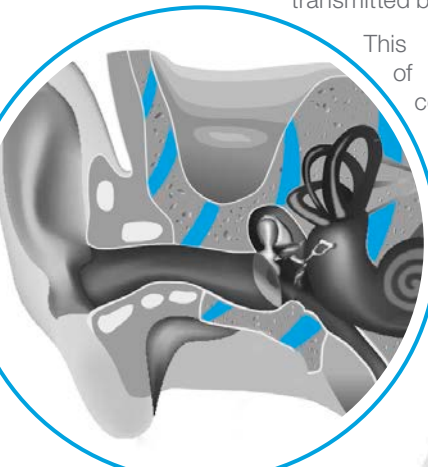
This extremely sensitive dynamic filter enables you to hear your corrected voice. Consequently, your speech will be improved spontaneously and without conscious effort, and your voice will become more rhythmic, more resonant and more harmonious.

### Bone conduction

When you speak using Forbrain®, your voice is immediately transmitted back to you by bone conduction.

This involves the transmission of sound by vibration through contact with the bones situated in front of the ear. This type of transmission is 10 times faster than air transmission, and of far better quality. It is the most natural way to hear yourself.

Bone conduction therefore enables you to hear your voice in a very clear and natural way.



## ACTIVE SENSORY WORKOUT

Forbrain® is a unique headset which helps your brain to **process sensory information more effectively**.

By correcting the perception of your voice, the way you speak is corrected naturally and without conscious effort.

This is known as the audio-vocal loop effect.

Forbrain® works simultaneously on all parts of the audio-vocal loop, and gives the nervous system an **excellent sensory workout**.



## APPLICATIONS

### Attention

Our ability to sustain attention depends on the general state of alertness and vigilance enabling the nervous system to be receptive to all forms of incoming information. However, to function optimally the brain requires stimuli, and the majority of these are received via the ear. **Forbrain® works on this state of cortical alertness by favouring the transmission of the higher frequencies of the voice which have an extremely important energizing function. The dynamic filter also creates variations in voice intensity and resonance, the effect of which is to continually surprise the brain, thus keeping it in a state of alertness.** The purpose of this is to help strengthen these automatic mechanisms of change-detection and adjustment, thus enhancing our attention level.

### Speech

Speech is characterized by a complex chain of articulated sounds which are arranged in a very specific rhythmic pattern. This rhythm is based on the amplitude and the duration of the emitted sounds and on the emphasis given to each. Speech depends on our ability to consciously generate these sounds. Managing this requires a continual adjustment between the sounds we give out and what our ear perceives mainly via bone conduction. This is known as phonological awareness. **By amplifying the fundamental sounds of spoken language and favouring their perception via bone conduction, Forbrain® facilitates our ability to speak and communicate fluently.**

### Memory

Memory plays an essential role in all learning processes, beginning with reading. It is mainly our short-term memory, also known as phonological memory, which enables us to store verbal information for rapid analysis. It is the verbal memory that we use when reading a text, and which enables us to make sense of the text and to structure it with punctuation and rhythm. It is also what enables us to hold a conversation and follow a line of reasoning. Verbal memory is linked to awareness of articulation in speech, in other words, to the level of attention focused on the message given out and received.

**The Forbrain® filter highlights the rhythm of speech, and bone conduction facilitates its integration, thus enhancing our ability to retain the message.**