

Who can benefit?

Adults seeking to improve their cognitive abilities, particularly those experiencing concentration and working memory challenges, can benefit from Cogmed.

Cogmed can also be effective for individuals recovering from an acquired brain injury, who are struggling with attention and working memory.

Why choose us?

Our qualified Cogmed Coach is dedicated to helping you achieve your goals. We provide a supportive environment for Cogmed training, with personalized guidance throughout the process.

Experience the life-changing benefits of Cogmed. Contact us today for more information or to schedule an initial consultation:

It's in the numbers:

72%

of surveyed users reported an improved ability to pay attention in their everyday life.

120+

research articles published in peer-reviewed journals.

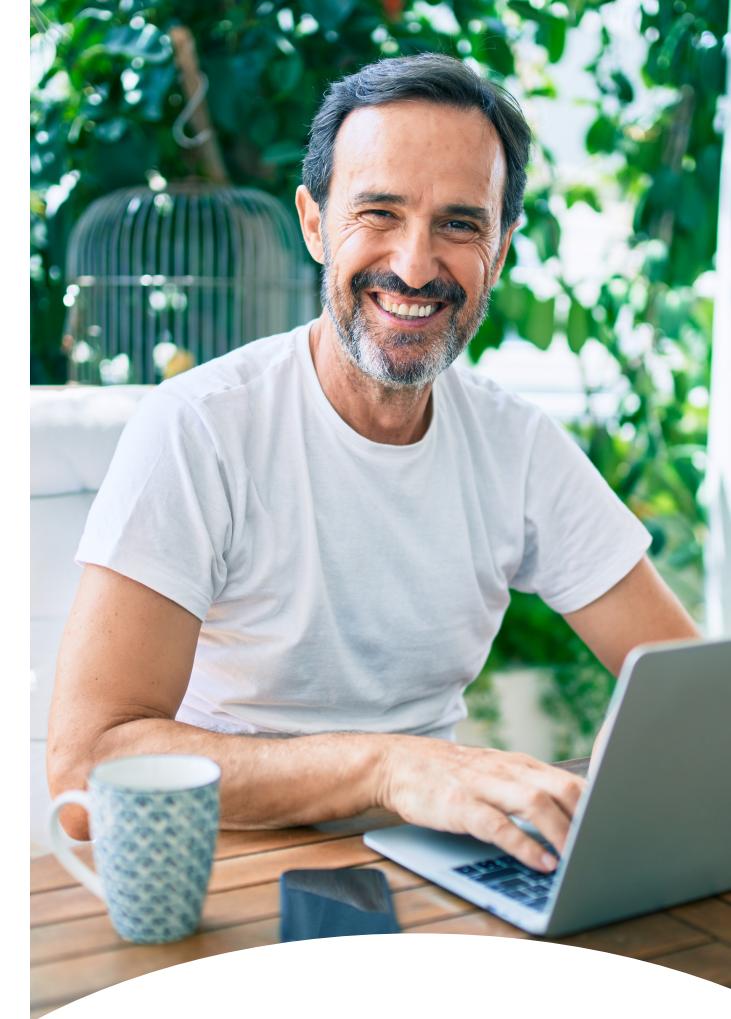
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Cogmed is available in eleven languages.

200,000+

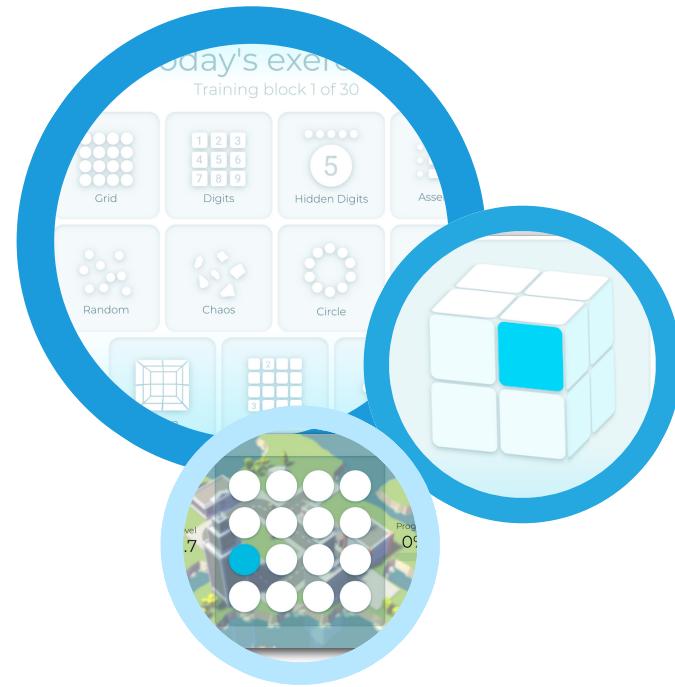
over 200,000 people worldwide have improved their attention with Cogmed.

Visit www.cogmed.com/research to learn more



Empower your mind

Discover a new path to increased focus and attention.



What is Cogmed?

Cogmed is an evidence-based, digital training program developed by leading cognitive neuroscientists. It is specifically designed to target and enhance working memory – the mental workspace responsible for retaining and processing information.

With a strong working memory, you will be better equipped to manage the symptoms of attention deficit, resulting in improved focus and better capacity to handle the demands of life.

Benefits of Cogmed

Improved Working Memory Capacity

Cogmed has been shown to significantly improve working memory in adults, enabling you to store and process information more effectively.

Enhanced attention and focus

As working memory improves, so does your ability to concentrate easily, leading to increased productivity and effectiveness in both personal and professional settings.

Better problem-solving skills

With improved working memory and processing abilities, you are better equipped to tackle complex tasks.

Effects that last

Research shows that the benefits of Cogmed training are maintained and sometimes even improve for up to 12 months, providing long-term improvements in cognitive performance.



How does it work?

Through engaging and interactive exercises, Cogmed targets the key cognitive processes responsible for working memory and attention. The program automatically adapts to your unique needs and ability, ensuring continuous challenge and growth over time.

Our qualified Cogmed Coach will guide you through an individualized training program that features:

Flexible protocols

Tailor the practice to suit your needs with 25-50 minutes of training, 3-5 days per week, for 5-13 weeks.

Weekly check-ins

Receive personalized feedback, support and guidance from your Coach each week of the program.

Post-training follow up

Personalized follow-up to evaluate results, and support the integration of effects in daily life