# 178: Supercharging Your Brain's Performance

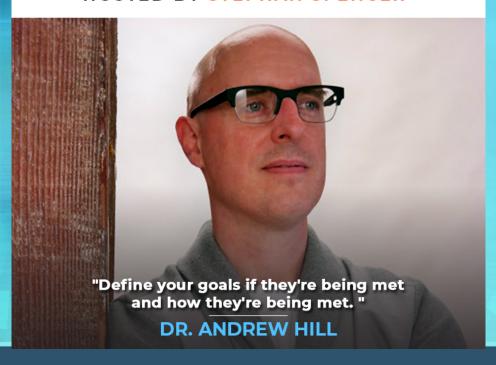
### 10 Point Checklist

## **Dr. Andrew Hill**

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point** checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

## Get YOURSELF OPTIMIZED

#### HOSTED BY STEPHAN SPENCER



## 10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success? Here are 10 steps that can move you closer to your goals – today.

	Dive deep into the world of neurofeedback and understand its benefits. Some of it includes managing seizures, migraines, sleep issues and ADHD.
	Be open to various neurofeedback programs and identify which one will work best for me. Examples are 40 Years of Zen and Biocybernaut.
	Tap into a higher level of consciousness and awareness through Alpha Theta and Alpha Synchrony brain training.
	Eliminate the lack of stability during the breaking process in my brain through sensory motor rhythm training. Research shows that through this, ADHD and seizures are significantly reduced.
	Reach out to experts and work out a training program that's tailored to my needs. According to Dr. Andrew, an individual needs at least 30 to 40 sessions to achieve a good stable shift in baseline resources.
	Aim to get a regular good night's sleep with a deep sleep of at least one and a half to two hours or more.
	Utilize devices that will enable me to track my sleep and activity such as Oura Ring.
	Take a listen to Dr. Daniel Amen's episode and gain sharper insight about brain performance with the use of SPECT scan and qEEG.
	Stay consistent with my brain training program and aim to invest in equipment that I can use in the long run.
	Start now and take control of my brain health by visiting PeakBrainInstitute.com.
То	view the transcript, resource links and listen to the podcast, visit:
httı	os://www.getyourselfoptimized.com/supercharging-your-brains-performance-with-dr-

andrew-hill/