

General Questions About Using Dakim BrainFitness

Q: Why was Dakim BrainFitness invented?

A: Dakim BrainFitness was created to help people over age 65 improve their memory now, and keep their minds sharp long-term.

Q: Who is Dakim BrainFitness for?

A: Clinically tested Dakim BrainFitness is a comprehensive, structured brain-training program designed specifically for Boomers and seniors who want to improve their memory and keep their minds sharp.

Q: How does Dakim BrainFitness work?

A: Clinically proven Dakim BrainFitness is a comprehensive, structured brain-training program that cross trains the brain in six cognitive domains (long-term memory, short-term memory, language, computation, visuospatial orientation and critical thinking). And it does this at five different levels of mental fitness, making it appropriately challenging for a wide range of individuals, from those with normal brain function to those with mild-to-moderate cognitive impairment. Dakim's scientifically based exercises are both challenging, and engaging. They have been created with a sophisticated adult aesthetic and sensibility and are filled with videos, music, exciting graphics, stories and humor.

Q: How does Dakim BrainFitness improve quality of life?

A: Experts have found that brain health is a "use it or lose it" proposition. Clinically tested Dakim BrainFitness turns rigorous cognitive exercise into a compelling and enjoyable experience, so participants are motivated to keep coming back for more. Dakim has been shown to significantly improve memory—and it only takes 20 minutes, three to five times a week.

Q: How does one use Dakim BrainFitness?

A: You just tap the Press Here to Begin button on Dakim's start screen. Once you begin a session, the program guides you through a comprehensive, structured brain training workout in which a diverse array of targeted exercises are presented in a continuous, interactive stream lasting for the duration of your session.

Q: How long does a Dakim BrainFitness session last?

A: Each session lasts about 20 minutes—long enough to provide a comprehensive workout.

Q: On what kinds of computers does Dakim BrainFitness run?

A: Dakim BrainFitness runs on PCs, Macs, iPads, and Dakim Touchscreen computers. You can use Dakim BrainFitness on your own device, or on any computer you

community provides for public use. That means you can use Dakim BrainFitness anytime, anywhere... like in the privacy and comfort of your own room, on your own schedule.

Q: Do I have to choose which exercises to do?

A: No. Dakim BrainFitness is a comprehensive, structured brain-training program. It assembles each session for maximum benefit while you play. Using Dakim's patented NuroLogic™ Technology, the software selects new exercises at the appropriate level of challenge, in a wide variety of cognitive areas, and presents them to you one after another. In this way, the system assures a comprehensive brain workout, and allows you to become fully immersed, promoting greater concentration and a positive, energized state that psychologists refer to as flow.

Q: How comprehensive is the mental workout in Dakim BrainFitness?

A: Dakim BrainFitness is a structured program that cross-trains six essential cognitive domains, including memory (short-term and long-term), language, computation, visuospatial orientation, and critical thinking.

Q: Is Dakim BrainFitness going to “test” my brain?

A: No. Dakim BrainFitness is not a test! Dakim BrainFitness provides a rigorous cognitive workout based on proven neurological science and exercises. Its purpose is to build cognitive capacity and confidence without the stigma associated with a test. If you're interested in an independent cognitive assessment, we encourage you to obtain one from one of the many online sources or through your physician.

Q: How often should I use Dakim BrainFitness?

A: We recommend playing Dakim BrainFitness at least 3-5 times a week for maximum benefit. Participants in Dakim's clinical trial (who experienced significant improvements in their memory used Dakim five times a week).

Q: How much content is there?

A: Dakim BrainFitness content consists of thousands of individual challenges in approximately 100 different formats.

Q: How long can I play without repeating material?

A: Dakim BrainFitness' initial 6 GB download consists of about 300 hours of material including all five different challenge levels—enough to support more than a year of normal use with minimal repeats.

Q: What is the value of cognitive stimulation?

A: Studies have shown that cognitive stimulation can boost intellectual power, help maintain mental functions such as problem solving, and even improve memory.

The results of a recent multi-centre study suggest frequent cognitive activity in seniors is associated with a reduced risk of Alzheimer's disease, while passive pursuits, such as watching television, offer no protection against dementia or the onset of Alzheimer's disease.

Dakim BrainFitness has been shown to significantly improve the memory of its users.

Q: Is the Dakim BrainFitness approach supported by scientific research?

A: Yes. Numerous studies support mental stimulation as an effective means of combating cognitive decline. In addition, a major university study found that subjects using Dakim BrainFitness consistently for several months experienced significant increases in memory.

Q: Has Dakim BrainFitness been clinically tested?

A: Not just tested, Dakim BrainFitness has been *proven* in a clinical trial to significantly improve overall cognitive function (including short-term memory and language abilities), as it strengthens attention, focus, and concentration.¹

¹ Miller K et. al. Effect of a Computerized Brain Exercise Program on Cognitive Performance in Older Adults. *3American Journal of Geriatric Psychiatry* 21:7:665-663, July 2013

Q: When is the best time to start a brain fitness program?

A: Now. Upon reaching their fifties, about 40% of the population experiences some middle-age memory lapses. About 50% of people in their sixties have episodes of forgetting, and 70% of people age seventy and older have some memory loss. Brain aging begins much earlier than anyone imagined - as early as our twenties, decades before you would think you were at risk.

Only about one-third of the risk for Alzheimer's can be linked to genetics, while two-thirds can involve toxic exposure or our own lifestyle choices. Denial that the brain is aging is perhaps the biggest obstacle to beginning a cognitive fitness/memory improvement program. The sooner all of us begin such a program, the sooner we will be on the path to keeping our brains young and healthy! And as Gary Small, M.D., Director of the UCLA Center on Aging says, "It's never too early or too late to begin a brain fitness program."