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## NEUROTOPIA NEUROFEEDBACK & SLEEP DISORDERS

Neurotopia Neurofeedback Therapy (NNT) can change your life by addressing dysfunctions found in the brain.



Quantitative - EEG brain-mapping can show faulty brainwaves associated with many physical, mental, social, and emotional symptoms

"I have yet to have one parent tell me that the neurofeedback was of no benefit to them. I've seen improvements all across the board from language, eye contact and socialization."

— Karima Hirani, MD MPH  
Professor at USC School of Medicine

### Sleep Disorders

Sleep problems can be attributed to neurological immaturity of childhood or correlated with attentional problems: bedwetting, sleep walking and falling asleep, and insomnia. Also among adult sleep disorders, promising evidence exists for alleviation of insomnia and sleep apnea.

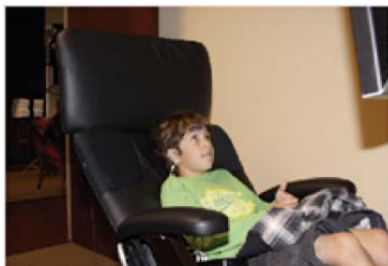
### Quick Relief

The first reported signs of change upon initiating brainwave training often relate to the quality of sleep. We believe that the principle mechanism of efficacy of neurofeedback training is that it normalizes self-regulation of physiological arousal, and the beneficial effects of the training on sleep can be explained in the same manner. When self-regulation is deficient, this should be most apparent when arousal level is least tightly regulated, i.e. during sleep in general, and during transitions between sleep stages in particular. With improved quality of sleep, you will simply feel better.

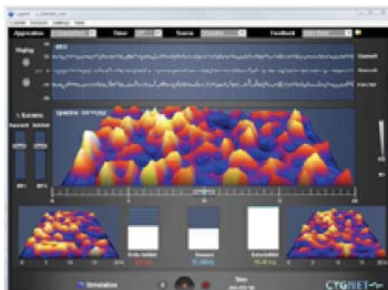
There is an indisputable connection between insomnia and disorders of arousal such as anxiety and depression.

### More than Sleep

Sleep disturbance is a key feature of fibromyalgia. A survey of over 1000 patients with Fibromyalgia Syndrome (FMS) and Chronic Fatigue Syndrome (CFS) showed that prior to their illness fewer than one percent had disturbed sleep, whereas during their illness this rose to over 90 percent. The findings reveal that muscular aches and pains in a patient with fibromyalgia are frequently the result of the same processes that disturb their sleep. The same biochemical or hormonal imbalances that cause sleep disturbances also create muscular symptoms. The lack of deep sleep again impacts the pain symptoms, setting off a chain reaction.



Treatment consists of three sensors placed on you scalp with easily removable conductive paste



During your session, our neurofeedback technicians utilize advanced technology and software to train your brain to increase or decrease brainwaves based on the physician's protocols from your brain-mapping

**Next Steps**

Call 866.870.2982 to set up a free consultation or visit us [www.neurotopia.com](http://www.neurotopia.com) to research what Neurotopia Neurofeedback has to offer. There you will find articles and videos that will help you with your decision. Or pass this important information to a friend.



Quantitative-EEG brain-mapping can show faulty brainwaves associated with many physical, mental, social, and emotional symptoms.

**How the Treatment Works**

Your brain weighs about three pounds, yet it utilizes almost 50 percent of all of your body's blood glucose. It uses all of this glucose to create electro-chemical energy (electricity) which enables your brain to carry out all of its functions, including physical, mental and emotional regulation.

Brainwaves occur at different frequencies from slow waves to fast waves and each speed has its own function. Slow brainwaves (delta & theta) reflect the brain is under-aroused or functioning at reduced capacity for mental efficiency. This occurs during sleep, daydreaming and when areas of the brain go "off line" to take up nourishment. High levels of delta and theta, in specific areas of the brain, can be associated with learning disabilities, depression and/or inattention.

When your brain produces predominantly faster brainwaves (alpha & beta), it is more fully aroused, alert and focused. The neural networks are fully engaged to process information. Beta brainwaves need to be dominant for controlling attention, behavior, organization, emotions and basic learning functions. However, too many fast waves, in specific areas of the brain, can cause anxiety, aggression, irritability and other physical symptoms.

Call us for a free consultation either with a doctor or neurofeedback technician ready to answer all of your questions.

**Perform QEEG Brain-mapping**

Once you've decided to start your treatments, we will collect your medical history and perform a QEEG brain-map Image. This will give our physicians the diagnostic results necessary to locate the origin of your symptoms and create protocols to treat them. Every person is different. Even though people may have the same symptoms, they may be caused by different malfunctions of the brain. Many doctors perform QEEG brain-mapping in their office as a service to their patients. If your physician does not perform this service, our office will be glad to assist you in scheduling this.

**Start Your Treatments**

Once we have your history and correlate the diagnostic results from your QEEG, our physicians will schedule a consultation with you. During the consultation, they will explain your brain-mapping results and what treatments would be most effective for you.

Each of the symptoms on the parital list below may stem from dysfunction in the brain. Neurofeedback trains the brain to self-regulate and optimize functioning.

ADD & ADHD	SLEEP DISORDERS	AUTISTIC SPECTRUM SYMPTOMS
<ul style="list-style-type: none"> <li>- Impulse control</li> <li>- Planning</li> <li>- Organization</li> <li>- Short term memory</li> <li>- Mental calming</li> <li>- much more</li> </ul>	<ul style="list-style-type: none"> <li>- Excessive thoughts</li> <li>- Disrupted sleep cycles</li> <li>- Disrupted REM cycles</li> <li>- Night terrors</li> <li>- Night sweats</li> <li>- much more</li> </ul>	<ul style="list-style-type: none"> <li>- OCD symptoms</li> <li>- ADD symptoms</li> <li>- Headaches</li> <li>- Seizures</li> <li>- much more</li> </ul>
DEPRESSION	BEHAVIOR	IMMUNE, ENDOCRINE & ANS
<ul style="list-style-type: none"> <li>- Obsessive negativity</li> <li>- Lack of motivation</li> <li>- Despair</li> <li>- Overwhelming emotions</li> <li>- Self-injurious behavior</li> <li>- much more</li> </ul>	<ul style="list-style-type: none"> <li>- Lack of impulse control</li> <li>- ADD symptoms</li> <li>- OCD symptoms</li> <li>- Tics</li> <li>- Mood swings</li> <li>- much more</li> </ul>	<ul style="list-style-type: none"> <li>- PMS (compulsive)</li> <li>- PMS (reactive/aggressive)</li> <li>- PMS (agitated)</li> <li>- Irritable bowel</li> <li>- Sugar craving &amp; reactivity</li> <li>- much more</li> </ul>
MIGRANES/CHRONIC PAIN	EATING DISORDERS	PERFORMANCE & MOTOR SKILLS
<ul style="list-style-type: none"> <li>- Muscle tension</li> <li>- Obsessive thinking</li> <li>- Pain fixation</li> <li>- Poor concentration</li> <li>- Low pain threshold</li> <li>- much more</li> </ul>	<ul style="list-style-type: none"> <li>- Compulsive eating</li> <li>- Lack of interest in food</li> <li>- Emotional instability</li> <li>- Hypoglycemia</li> <li>- Sugar craving</li> <li>- much more</li> </ul>	<ul style="list-style-type: none"> <li>- Lack of mental calming</li> <li>- Lack of impulse control</li> <li>- Planning/organization</li> <li>- Obsessive thinking</li> <li>- Compulsive behavior</li> <li>- much more</li> </ul>