

Improve your working memory.

Improve your life.

Introducing Cogmed QM.
Cogmed Working Memory Training™
for adults.



what is working memory?

You use your working memory every day. It is the ability to keep information in your mind for a short time, focus on a task and solve problems. Research demonstrates working memory is inseparably linked to attention control.

Working memory develops during childhood and adulthood, reaches its maximum capacity at 30 years of age and gradually declines during aging.

Your working memory may need exercise if you have difficulties with:

Concentrating for sustained periods of time, like reading a book

Tracking several tasks and prioritizing them

Following instructions like recipes and driving directions

Comprehending a story in a book or magazine without re-reading

working memory can be strengthened with proper training.

Cogmed QM is clinically proven to strengthen and increase working memory capacity with rigorous and engaging exercises. Its training design is identical to our original program for children and features a new interface for adults.

Cogmed QM Training Benefits

Improved attention

Better complex reasoning skills

Better ability to organize and multi-task



Some adults struggle all their lives with attention problems because of poor working memory. For others, it can be affected by brain injury or aging. Fortunately, Cogmed Working Memory Training is clinically proven to increase working memory capacity:

- 8 out of 10 who have completed training experience significant and lasting results at all age levels.
- Research and clinical evidence supports that adults of all ages improved their working memory capacity by 20%

A comprehensive, home based program

- Computer-based training you can do at home
- 25 daily sessions over 5 weeks
- Exercises automatically adjust in difficulty expanding your working memory capacity
- Each participant trains with a Personal Coach who monitors the training, tracks results and provides motivation

Cogmed QM is only available through Cogmed Qualified Practices.

A national network of experts in attention issues (all licensed psychologists or medical doctors) is ready to initiate training.

Visit cogmed.com or call 1-888-748-3828 for a list of practices today.



Working Memory Training

cogmed.com

1.888.748.3828

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Cogmed Working Memory Training is not intended to be a substitute for a health care provider's consultation or a substitute for medication that a doctor may have prescribed. Results may vary. Effects or results in the individual can never be guaranteed.