



MyBrainTrainer Comprehensive Guide

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MyBrainTrainer.com contains a collection of short yet challenging exercises, together with innumerable ways to analyze your results, plus numerous useful related features. This narrative provides the member with a comprehensive guide to the site. We suggest you print out this section and refer to it frequently during your first few visits so you can quickly learn to take advantage of all we have to offer.

Member Home Page

After you log in, you're taken to the **Member Home Page**. At the top of this page, you'll see our **BrainFlash**, which provides notice of anything new and noteworthy on the site, such as the addition of a new feature, an interesting discussion on the **BrainBoard**, etc. At the bottom of this Member Home Page, you'll find a display of the all-time highest scores for each of the exercises.

Exercise Home Pages

If you wish to perform an exercise (and that's what most members are here to do), merely click on that exercise in the right-hand navigational bar, and you'll be taken to the appropriate **Exercise Home Page**. From this Home Page, you may do many things. If you're not yet familiar with the exercise, you should click on the **Instructions** link. If you are familiar with the exercise, then merely click on the **Red Start Button** to begin. Upon completion of the exercise, you'll be returned automatically to the Exercise Home Page, where the scores for your overall **Performance** and the various **Components** of Performance will be displayed. For an **Explanation of Performance and Components**, just click on the link of the same name located below your scores.

Directly under the display of your scores, you will see a link for **Trial-by-Trial Analysis**, which details the individual trials in the exercise you answered correctly and incorrectly, and the associated reaction time, perceptual threshold and memory capacity for each, as applicable.

At the bottom of the Exercise Home Page, we provide a graphical presentation of your Performance over time - current, previous, average of last 10, first, and all-time best.

In the navigational bar at the top of the Exercise Home Page directly under the exercise name, you'll find the following links, in addition to the Instructions link described above:

- **History** - provides a comparative analysis of your Performance and each of its components for the last 20 times you performed this exercise.
- **Highest Scores** - displays the ten highest scores for the given exercise during the past 24 hours, the past month and all-time. By clicking on the appropriate links, you may also see your ten highest scores for the same time periods and the ten highest scores for individuals of your age, your

occupation, and those who are in your Exercise Groups (discussed below). Furthermore, once you click to the high scores of your age bracket, you have the opportunity to bring forth the highest scores for any other age bracket through the use of a drop-down box. Similarly, you can display the highest scores for any occupation from your occupation highest score page. Note that clicking on any name on a high score list enables you to see both the details of that particular Performance and the profile of the member who obtained it.

- **Diary** - enables you to monitor your Performance across any variables you so choose, e.g., time of day, hours of sleep, consumption of caffeine.
- **MegaStats** - displays average scores by age, occupation and gender

FEATURES (all can be accessed from virtually every page on the site)

- **BrainMaster Challenge**- seven exercises performed in sequence to derive your overall Brain Processing Power
- **BrainBoard** - the place for members to trade tips and thoughts on brain building
- **Just for Fun** - our totally unscientific comparison of how members with different preferences compare on our various exercises
- **21-Day Basic Training** - a program that provides you with a steady, structured progression of exercises designed to help you maximize your Brain Processing Power
- **Application-Specific Training** - one-day programs to address specific needs, e.g., executive decision making, athletic performance
- **Exercise Groups** - your opportunity to gather friends, relatives, co-workers, members with similar interests, etc. into your own private group to monitor performance and/or compete
- **My Account Activity** - contains a detailed weekly and monthly analysis of your usage of the site and performance on the various exercises and performance on the various exercises
- **BrainDiary** - described in Exercise Home Pages section
- **MegaStats** - described in Exercise Home Pages section

MyBrainTrainer Exercises



Exercise #1 (Visual Stimulus)

Simple Reaction Time

This is the simplest of all the exercises. It's designed to improve your reaction time, i.e., how fast you can respond to random stimuli.

[more...](#)



Exercise #1a (Audio Stimulus)

Simple Reaction Time

This is the simplest of all the exercises. It's designed to improve your reaction time, i.e., how fast you can respond to random stimuli.

[more...](#)



Exercise #1b (Audio or Visual Stimulus)

Simple Reaction Time

This is the simplest of all the exercises. It's designed to improve your reaction time, i.e., how fast you can respond to random stimuli.

[more...](#)



Exercise #2 (Beginner)

Recognition Reaction Time

This is a visual reaction time test

[more...](#)



Exercise #2a (Intermediate)

Recognition Reaction Time

This is a visual reaction time test

[more...](#)



Exercise #2b (Advanced)

Recognition Reaction Time

This is a visual reaction time test

[more...](#)



Exercise #3 (Beginner)

Binary Choice Reaction Time

This is reaction time test

[more...](#)



Exercise #3a (Intermediate)

Binary Choice Reaction Time

This is reaction time test

[more...](#)

Reversal



Exercise #3b (Advanced)
Binary Choice Reaction Time

This is reaction time test

[more...](#)

Reversal



Exercise #3c (Expert)
Binary Choice Reaction Time

This is reaction time test

[more...](#)



Exercise #4 (Beginner)
Three-Choice Reaction Time

This is reaction time test

[more...](#)



Exercise #4a (Intermediate)
Three-Choice Reaction Time

This is reaction time test

[more...](#)

Reversal



Exercise #4b (Advanced)
Three-Choice Reaction Time

This is reaction time test

[more...](#)

Reversal



Exercise #4c (Expert)
Three-Choice Reaction Time

This is reaction time test

[more...](#)



Exercise #5 (Beginner)
Inspection Time

This is a visual inspection test.

[more...](#)



Exercise #5a (Intermediate)
Inspection Time

This is a visual inspection test.

[more...](#)



Exercise #5b (Advanced)

Inspection Time

This is a visual inspection test.

[more...](#)



Exercise #5c (Expert-Faces)

Inspection Time

This is a visual inspection test.

[more...](#)



Exercise #5d (Expert-Letters)

Inspection Time

This is a visual inspection test.

[more...](#)



Exercise #5e (Expert-Playing Cards)

Inspection Time

This is a visual inspection test.

[more...](#)



Exercise #6 (Beginner)

Short-Term Memory

This exercise has been designed to improve your ability to store information in short-term memory.

[more...](#)



Exercise #6a (Intermediate)

Short-Term Memory

This exercise has been designed to improve your ability to store information in short-term memory.

[more...](#)



Exercise #6b (Advanced)

Short-Term Memory

This exercise has been designed to improve your ability to store information in short-term memory.

[more...](#)



Exercise #6c (Expert)

Short-Term Memory

This exercise has been designed to improve your ability to store information in short-term memory.

[more...](#)



Exercise #7 (Beginner)

Executive Function

This exercise is designed to improve executive function.

[more...](#)



Exercise #7a (Intermediate)

Executive Function

This exercise is designed to improve executive function.

[more...](#)



Exercise #7b (Advanced)

Executive Function

This exercise is designed to improve executive function.

[more...](#)



Exercise #7c (Expert)

Executive Function

This exercise is designed to improve executive function.

[more...](#)



Exercise #8 (Beginner)

Visual Spatial Acuity

This is a "visual recognition" reaction time exercise where you have to determine which color is most dominant.

[more...](#)



Exercise #8a (Intermediate)

Visual Spatial Acuity

This is a "visual recognition" reaction time exercise where you have to determine which color is most dominant.

[more...](#)



Exercise #8b (Advanced)

Visual Spatial Acuity

This is a "visual recognition" reaction time exercise where you have to determine which color is most dominant.

[more...](#)



Exercise #8c (Expert)

Visual Spatial Acuity

This is a "visual recognition" reaction time exercise where you have to determine which color is most dominant.

[more...](#)

6 - 2

Exercise #9 (Beginner)
Information Processing

This is an arithmetic exercise designed to improve both your arithmetic skills and your ability to process information.

[more...](#)

REVERSAL
9 - 3**Exercise #9a (Intermediate)**
Information Processing

This is an arithmetic exercise designed to improve both your arithmetic skills and your ability to process information.

[more...](#)

8 - 4 + 3

Exercise #9b (Advanced)
Information Processing

This is an arithmetic exercise designed to improve both your arithmetic skills and your ability to process information.

[more...](#)

66 - 47

Exercise #9c (Expert)
Information Processing

This is an arithmetic exercise designed to improve both your arithmetic skills and your ability to process information.

[more...](#)

**Exercise #10 (Beginner)**
Visual Spatial Memory

This exercise has been designed to improve the component of memory that is typically the first to deteriorate. Fortunately, it is also viewed as the component most susceptible to improvement.

[more...](#)

**Exercise #10a (Intermediate)**
Visual Spatial Memory

This exercise has been designed to improve the component of memory that is typically the first to deteriorate. Fortunately, it is also viewed as the component most susceptible to improvement.

[more...](#)

**Exercise #10b (Advanced)**
Visual Spatial Memory

This exercise has been designed to improve the component of memory that is typically the first to deteriorate. Fortunately, it is also viewed as the component most susceptible to improvement.

[more...](#)



Exercise #11 (Beginner)
Visual Scanning / Discrimination

This exercise has been designed to improve the speed at which you can scan your environment and the speed at which you can process the information so scanned.

[more...](#)



Exercise #11a (Intermediate)
Visual Scanning / Discrimination

This exercise has been designed to improve the speed at which you can scan your environment and the speed at which you can process the information so scanned.

[more...](#)



Exercise #11b (Advanced - Reversal)
Visual Scanning / Discrimination

This exercise has been designed to improve the speed at which you can scan your environment and the speed at which you can process the information so scanned.

[more...](#)



Exercise #11c (Advanced - No Match)
Visual Scanning / Discrimination

This exercise has been designed to improve the speed at which you can scan your environment and the speed at which you can process the information so scanned.

[more...](#)



Exercise #11d (Expert)
Visual Scanning / Discrimination

This exercise has been designed to improve the speed at which you can scan your environment and the speed at which you can process the information so scanned.

[more...](#)



Exercise #12 (Beginner)
Working Memory - N-Back

This exercise has been designed to improve the cognitive processes used for the temporary storage and manipulation of information.

[more...](#)



Exercise #12a (Intermediate)

Working Memory - N-Back

This exercise has been designed to improve the cognitive processes used for the temporary storage and manipulation of information.

[more...](#)



Exercise #12b (Advanced)

Working Memory - N-Back

This exercise has been designed to improve the cognitive processes used for the temporary storage and manipulation of information.

[more...](#)



Exercise #12c (Expert)

Working Memory - N-Back

This exercise has been designed to improve the cognitive processes used for the temporary storage and manipulation of information.

[more...](#)

MyBrainTrainer Frequently Asked Questions

Q: Why doesn't MyBrainTrainer.com fill up my entire screen? Why is there so much white space on the right-hand side of the screen? Why is the text so small? What can I do about this?

A: MyBrainTrainer.com was designed when the prevailing monitor resolution was 800 x 600. Newer monitors have higher resolution default settings (examples - 1024 x 768 and 1152 x 864). The higher the screen resolution, the more white space you'll see and the smaller the text will be on any site developed for 800 x 600. There are two easy ways to adjust for this so that MyBrainTrainer will fill up your entire screen:

1. Use your browser's Zoom function to enlarge the site.
2. Change your monitor resolution to 800 x 600 when you use MyBrainTrainer.

Q: Can more than one person use a single membership account?

A: Yes, you can have more than one person use a membership, but it will present certain problems for you. First of all, it will mess up your statistics. Each user will want to know how he/she is doing vs. his/her own past performance. You won't be able to tell if numerous individuals are using the same membership. Also, certain of the exercises are progressive in nature. As you do better, the exercise becomes more difficult. And, the site remembers the level you attained with your prior exercise and starts you the next time accordingly. Therefore, for example, if you do really well on one of the progressive exercises, when the other user takes his/her turn; he/she may be overwhelmed from the start.

Q: I want to purchase separate memberships for my spouse and children. Can they all register using the email address I use for my account?

A: Unfortunately our system allows only one account per email address. So, the two best ways to address this are as follows:

- 1) obtain a free email account at Yahoo or HotMail, or
- 2) use fictitious email addresses for the new accounts.

Q: How do I terminate my membership?

A: You do not have to take any action to terminate your membership. We do NOT automatically charge your card again at the end of your membership term. We only process renewals when a member indicates that he/she wants to renew. As you near the end of your membership term, whenever you log onto the site, you will receive a message in the upper left hand corner telling you how many days remain in your membership term. If you choose to ignore the messages, your membership will expire automatically. If you wish to renew, you must click on the link and then provide a credit card number once again.

Please note that when you registered, you clicked on the following:
I will pay by credit card. I understand this is a one time only charge.
MyBrainTrainer.com will NOT charge my card automatically at the end of my membership period. If in the future I wish to renew my membership, I will do so by providing a credit card charge authorization at that time.

Q: My performance on the exercises has recently begun to decline. What might be the cause of this?

A: On the rare occasion that we see someone start to backslide, we must determine whether there is anything external to the exercises that has changed in that person's life. Specifically, have you:

- Changed your diet?
- Started any new medications or dietary supplements?
- Changed your sleeping habits?
- Changed your consumption of alcohol?
- Changed your consumption of caffeine?
- Changed your usage of tobacco?
- Changed your physical exercise habits?
- Changed your work schedule?
- Been under an increased amount of stress either at home or at work?

Additionally, and more directly related to the exercises themselves, we would want to know whether you have:

- Changed the position of your computer within your work space.
- Changed the lighting in your work space. Typically, the darker the room, the more quickly you can pick up the images on the screen. Thus, with the change of seasons, if the room in which your computer resides is now much lighter, your reaction time may very well decrease.
- Changed the height or position of your chair.

Q: Does modem speed affect one's performance on the exercises?

A: No, it does not. The only difference you will see between using a dial-up connection and using the fastest speed DSL or cable connection is in the amount of time it takes for your results to be displayed.

All of the data regarding your exercise (reaction time, accuracy, etc.) is captured in the application on your computer. This data is then sent back to our servers to be analyzed so a score can be generated. Then the page displaying the score is transmitted back to your computer.

Q: How does MyBrainTrainer compute Performance, Reaction Time, Concentration, etc.?

A: Explanations of Performance and of all the individual components that we measure can be found by clicking on the "Explanation of Performance and Components" link that appears in the blue Performance Components box that is displayed after you have completed an exercise.

Q: In Basic Training, how do I get the program to advance to the next day?

A: The program automatically advances you to the next training day eight hours after you have completed ALL of the elements of the current day. Please note that when an element is completed the red Start button in the Training box will be replaced by your Performance score. Please further note that all of the exercises must be performed from within the Basic Training Module. In other words, you can't go to Basic Training, see that you have to perform #1, #2 and #5 twice each, and then perform them by clicking on the Start buttons in the right-hand navigational bar. You must click on the Start Buttons in the Training box. One last word of advice - on Day 1, in addition to the exercises, you must also complete the short Pre-Training Self-Evaluation.

Glossary of Terms

Accuracy is the percentage of responses that were correct in a given exercise.

Application-Specific Training consists of single-session modules that target for improvement various activities such as test-taking ability, athletic performance, and executive decision making.

Basic Training is our proprietary 21-day module that provides a steady progression of exercises, facilitating the maximization of brain processing potential. It starts and ends with a self-evaluation of various attributes of overall cognitive efficiency.

BrainBoard is the place where MyBrainTrainer members gather to discuss topics of mutual interest, such as the existing exercises, ideas for new exercises, ideas for marketing MBT, and brain nutrition.

BrainDiary is our proprietary module that tracks and analyzes how your cognition is affected by factors such as time of day, number of hours of sleep the prior evening, consumption of caffeine and alcoholic beverages, etc.

BrainMaster Challenge, aka the BMC, is a collection of seven exercises performed in succession that provides an overall assessment of brain processing power.

Concentration is a measure of reaction time consistency. For example, if your first response occurred in 200 milliseconds, your second in 800, and your third in 450, this would indicate that you were unable to maintain your focus/concentration during the exercise. However, if your response times were 300, 320, 310, then this consistency would indicate a high level of concentration, and generate a high score for this parameter. The highest possible Concentration Level is 100, but this would be attained only if your speed of response was identical in every single trial during the exercise.

Difficulty Level is the number of components in the equation in a given trial in Exercise 9B or 9C. For example, $5 + 8$ would be a Difficulty Level of 2, and $5 + 8 - 6$ would be a Difficulty Level of 3. The Difficulty Level reflected in Your Exercise Results is the average Difficulty Level of your 20 correct trials.

Inspection Time is the amount of time (measured in milliseconds) that the target in the Exercise 5 series was displayed before being masked. The value displayed in Your Exercise Results is the average inspection time of all correct trials.

Just for Fun is our totally unscientific comparison of how members with different preferences compare on our various exercises.

Median is the number that is in the exact middle of a data set. Therefore, in any distribution, half of the scores are above the median and half are below the median.

MegaStats is our analysis by age, gender, occupation, country and continent, of scores on an exercise-by-exercise basis.

Percentile Rank is the proportion of scores in a distribution to which a specific score is greater than or equal. For instance, if your Performance on one of our exercises was 108, and this score was greater than or equal to the scores of 88% of the members of your age group performing this exercise, then your percentile rank would be 88. Alternatively, it might be stated that you are in the 88th percentile.

Perceptual Threshold is the percentage of area covered by the predominant color in a given trial in one of the exercises in the #8 series. Accordingly, the lower the percentage, the greater is your ability to differentiate between the visual stimuli.

Performance is an overall score that reflects the Reaction Time, Concentration, Accuracy, Difficulty Level, Perceptual Threshold, and Inspection Time, as applicable, attained on any given exercise. We have structured the scoring such that a Performance of 100 represents the average score of 20 - 29 year olds on the third time they performed this exercise. The standard deviation of the distribution of scores is 25. Thus, a score of 125 represents one standard deviation above the mean, which places the user in the 84th percentile. Likewise, a score of 150 represents two standard deviations above the mean and places the user in the 98th percentile, meaning he/she has performed better than 97% of the population.

Reaction Time is the speed of response, measured in milliseconds (thousandths of a second), on each trial within an exercise. The reaction time displayed in Your Exercise Results is the median reaction time in the exercise. Accordingly, just as in a race, the lowest times represent the fastest performances.

Run is a completed exercise. This terminology is often used to refer to how many times you have performed a given exercise, e.g., your 6th run on Exercise 4B.

Standard Deviation is a statistic that tells you how tightly all the various data points are clustered around the mean in a data set. When the data points are tightly bunched, the standard deviation is small. When the data points are widely spread, the standard deviation is large.

Trial is an individual presentation of a stimulus during an exercise. For example, in Exercise 1, you must have 20 correct responses to complete the run. If you make no errors, then this run will have 20 trials. If you make one error, then the run will have 21 trials.

Trial-by-Trial Analysis is a detailed display of each response during a given exercise. This analysis will show the response to each stimulus, the correct response, and the reaction time.