

# 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**



**"Define your goals if they're being met  
and how they're being met."**

**DR. ANDREW HILL**

# 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](https://www.peakbraininstitute.com).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/supercharging-your-brains-performance-with-dr-andrew-hill/>