

Your brain is like a drum. It needs balance and just the right amount of tension for that membrane to function properly.

Take our short survey to discover where you're loose, tight or in the sweet spot, and get personalised rhythm-based guidance to help you tune up.

Use your results to set a goal and start experimenting with rhythm.

Visit neurobeat.co.uk/explore



- Loose** Choose Loose when the area feels under-supported, neglected, or not where you want it to be.
- Just right** Choose Just Right when this area feels steady, healthy, and in a good rhythm.
- Tight** Choose Tight when this area feels over-pressured, stretched, or stressful.