



NeuroBeat

## MY EXPERIMENT INSIGHTS

### 01 EXPLORE

*What was the question you wanted to test? Which brain/research area were you interested in?*

### 02 PLAY

*Which rhythm activity did you choose? Move, Groove or Improve? Playlist? What did you try?*

### 03 REFLECT

*What changed for you? Did it help? Did you feel different?*

Share your insights and help others

NeuroBeat Framework

EXPLORE			PLAY	REFLECT
Brain Domain	Brain Function	Rhythm Research	Rhythm Activity	Share Insights
Motor	Coordination, movement, balance, gait, timing, bilateral integration	Stroke, Parkinson's, Epilepsy	<b>Move:</b> Marching exercises with a practice pad and walking to playlists	<i>What changed for you?</i>
Cognitive	Attention, focus, working memory, executive control, sequencing	ADHD, Autism, Tourette's, Alzheimer's, Dementia	<b>Groove:</b> Drum kit drumming, rhythm games and playlists	<i>Did it help?</i>
Sensory	Auditory processing, sensory integration, interoception, relaxation	Headache & Migraine, Epilepsy, Autism	<b>Improve:</b> Guided breathing synced to a metronome/drum loop	<i>Did you feel different?</i>
Social Emotional	Emotion regulation, empathy, mood stability, connection, expression	Depression, Anxiety, PTSD, Anger Management, Addiction Recovery	<b>Improve:</b> Community drumming using call-and-response	<i>Did it help?</i>
Behavioural	Motivation, habit formation, discipline, reward pathways, impulse control	Addiction Recovery, ADHD, Eating Disorders, Tourette's & Sleep patterns	<b>Improve:</b> Pair tasks like walking, cooking, cleaning with a rhythmic playlist	<i>What changed for you?</i>