

Neurofeedback and Peak Performance for athletes - General Information

Sports related performance factors in the brain require extremely profound states of brain control and self-regulation and can impact skill execution and overall performance outcomes in a wide variety of athletics during training, competition and recovery.

Bio- and Neurofeedback have been used by athletes in every major professional sport and by numerous Olympic teams around the world. The Italian and US World Cup Soccer ESPN, the U.S. Olympic Rhythmic Gymnastics team and the French, Austrian, German and Swiss Olympic Nordic and Alpine Teams prepare with Bio- and Neurofeedback to optimize the psycho-physiological management of high level athletes.

Bio- and Neurofeedback protocols for athletes center around the skills athletes need to succeed e.g. improving hand-eye coordination, balance, and quick, error-free decisions, mastering their emotions so that they are able to execute their sport skills optimally under any circumstances as they pertain to brain function and the balanced brainwaves that are required to achieve high performance when results count under game-time pressure

During a neurofeedback session the sophisticated Neurofeedback software converts the athlete's brain activity into information that help the athlete learn how to for example suppress brain activity associated with low performance, anxiety and disruptive brain chatter and to increase brain activity associated with optimal brain function and self-regulation. The results are athletes that more consistently delivering their sport skills up to their full potential, at will, and in any situation.

Combining Neurofeedback with IHHT

When Bio- and Neurofeedback are combined with **Intermittent – Hypoxic-Hyperoxia-Training (IHHT)** athletes will optimize their post-workout recovery and become more resistant to overtraining, physical reinjury and physiological aging declines.