



## ABOUT US

**Sound For life LTD** is committed to helping children and adults to improve their cognitive skills and reach their potential through neuroscience technologies.

### SOUNDSORY® RECOMMENDS

# FORBRAIN®

**FORBRAIN®** is an award winning technology recommended by thousands of SLP's and OT's to improve Attention, Memory and Language.

[www.forbrain.com](http://www.forbrain.com)

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# SOUNDSORY®



**Music** and **Movement** program  
for the **Brain** and **Body**

[www.soundsory.com](http://www.soundsory.com)

# WHAT IS IT?

SOUNDSORY® is a multi-sensory home based program that helps improve motor and cognitive abilities.

The program consists of specially designed music processed with neuro-acoustic modifications as well as a series of movement based exercises.

## Who can benefit ?

SOUNDSORY® is designed to be safe, effective and can help anyone but more specifically people with:

- ▶ Autism spectrum and developmental issues
- ▶ Sensory and Auditory processing disorders
- ▶ Motor delays, balance and coordination
- ▶ ADD and ADHD

# WHAT TO EXPECT?

Soundsory will have an impact on

- ▶ Timing and sequencing skills
- ▶ Praxis and motor planning
- ▶ Perception and navigation in space
- ▶ Ability to follow directions
- ▶ Reading and writing
- ▶ Attention and focus

# HOW DOES IT WORK?

## The Rhythmic Music Program

The music has been specifically recorded to emphasize the rhythm of sounds and activate body movement. In addition, it is electronically processed using a patented dynamic filter system. This effect is designed to reinforce the perception of rhythm. Finally, the sound is transmitted using both air and bone conduction to deliver unique and efficient stimulation of the auditory and vestibular systems.

## The Body Movement Exercises

The exercises are designed to support the integration of the brain & body through a developmental progression. They incorporate the integration of primitive reflexes, while supporting and developing body awareness, postural control as well as body coordination. By strengthening these foundational sensory motor skills, we see improvements in more complex cognitive functions that help to support learning.

# HOW TO USE IT ?

40 day-program  
30 minutes a day



The program can be repeated multiple times with a minimum of 4 weeks in between.

It may be used on it's own or in conjunction with other methods and techniques.

# WHY USE IT?

The main purpose of SOUNDSORY® is to establish good foundations from the fundamentals of sensory integration to more complex cognitive functions. It is based on a concept known as neuroplasticity: the brain can change itself and create new connections through specific and repeated stimulation.

## Movement, Balance and coordination

SOUNDSORY® movement program focuses on building proprioceptive abilities through specific, repetitive movement exercises. The music program is also designed to stimulate the vestibular system which helps the brain better integrate information related to body position, balance and movement.

## Auditory and Sensory processing

The goal of SOUNDSORY® music program is to activate the neuronal connections in different areas of the brain through the auditory channel and ultimately train the ear and the brain to analyze and process sensory information more quickly and accurately.

## Attention and confidence

SOUNDSORY® Program is providing music that is electronically modified to capture the attention of the brain through sudden changes of tonal contrasts. These contrasts are triggered by timbre and intensity. Because the music is very rhythmic with predictable variation of intensity, it is easy for the brain to anticipate those sound contrasts and create confidence and increase attention.

