The first step to managing your brain health is to measure it.

Quantify core aspects of your brain health using a set of fun, gamified, and scientificallyvalidated cognitive tasks.







Get started today

Ask your healthcare provider how you can begin monitoring your brain health today.

See where you stand relative to others in your age and gender groups. Your healthcare professional will use this information to help determine your strengths and highest areas of need to help inform your treatment or wellness plan.



Monitor your cognition over time to objectively measure your progress. Your healthcare professional may use this information to validate that treatment plans are having the desired effects, or simply to monitor your brain health longitudinally in order to get ahead of any potential areas of concern.

Receive a comprehensive, yet simple and easy-to-read cognitive assessment report in minutes

ABOUT CAMBRIDGE BRIAN SCIENCES

A leader in developing engaging assessments of brain function and brain health, trusted by health and wellness providers around the world.

Over the last decade, there have been many significant advancements within the healthcare industry. Today, we have the ability to produce 3D-printed prosthetic limbs, use artificial intelligence to improve health data, and get personalized healthcare via smartphones and sensors, with many more solutions being created daily.

Yet, even with the onslaught of innovative technologies within healthcare, we know very little about how the brain functions. Today, cognitive degenerative conditions—like Alzheimer's and other sources of dementia—continue to affect millions of people globally, with no real cure in sight. At the same time, awareness around brain health is growing globally among all age groups—and while brain health deterioration is top of mind, so too is the desire for selfoptimization in order to maximize one's quality of life.

Since 2009, hundreds of thousands of people have used Cambridge Brain Sciences to gain a deeper understanding of their brain health, while contributing to large-scale scientific studies that have advanced our knowledge of the brain. As the leading online platform for cognitive assessment with one of the largest secure cognitive databases, we are in the unique position to push the boundaries of our understanding of the brain.



10 million+ tasks completed globally and counting

Backed by 25+ years of scientific research

Tasks used in 300+ peer-reviewed studies of cognition

Why measuring your cognition matters.





Physical health measurements like blood pressure, heart rate variability, and body fat composition are vital in determining the state of our physical wellbeing. When our health changes, these measures become even more important biomarkers, enabling us to i) detect early signs of health decline and ii) put forth the plan and actions required to return us to a good bill of health. Surprisingly, until now, there has not been a standardized method for measuring core executive functions, such as memory, reasoning, verbal ability and concentrate, that are key to quality of life. Cambridge Brain Sciences helps solve this problem by giving providers a simple and scientifically-validated cognitive assessment platform that can be used to objectively measure and monitor a patient's brain health.

Cognitive assessments are for everyone—whether you're recovering from a brain injury, have been diagnosed with a mental health condition, or are simply seeking ways to maintain or optimize your brain's performance, measuring your cognition will give you and your healthcare provider insights that enable you to take the steps you need to improve your quality of life.

Using common everyday devices (tablets and desktop or laptop computers), you'll complete a series of scientifically-validated, yet highly gamified and engaging cognitive tasks that take 1.5 - 3 minutes per task. As soon as you've completed the assessment, a report will be instantly generated and available for your healthcare professional to review.

What do these tasks measure?

Your cognitive function is made up of at least four distinct domains that contribute to your quality of life: short-term memory, reasoning, concentration and verbal ability. Review the tasks below to see which specific brain functions are measured with Cambridge Brain Sciences, and which everyday activites are affected by that brain function.



DEDUCTIVE REASONING

Deductive reasoning is the ability to apply rules to information in orer to arrive at a logical conclusion. This ability is often used in scenarios such as evaluating a complex argument and deciding if you agree, or solving every day math problem, such as splitting the bill at a restaurant.





PLANNING

Planning is the ability to the ability to sequence behaviour in an orderly fashion to reach specific goals. This ability is often used in scenarios such as deciding the order of items to pack in the trunk of a car, or organizing your schedule to effectively balance work, chores, and social life.

VISUOSPATIAL PROCESSING

Visuospatial processing is the ability to the ability to effectively process and interpret visual information. This ability is often used in scenarios such as creating art or drawing diagrams, or, interpreting subtle facial expressions to know how someone is reacting to what you are saying.

MENTAL ROTATION

Mental rotation is the ability to manipulate mental representations of objects in order to make valid conclusions about what objects are and where they belong. This ability is often used in scenarios involving assembly (i.e,. building a deck, or putting together furniture) or planning a new layout for a room.

WORKING MEMORY

Working memory is the ability to temporarily hold information in memory, and manipulate or update it based on changing circumstances or demands. This ability is often used in scenarios such as systematically searching for a lost item in your home, and remembering where you've already searched, so that you do not search in that spot again.

EPISODIC MEMORY

Working memory is the ability to remember and recall specific events, paired with the context in which they occurred. This ability is often used in scenarios such as remembering which cupboard you put your groceries in, learning what each button does in a new app or device, or remembering who you talked to yesterday, and at what time.







How it works













SPATIAL SHORT-TERM MEMORY

Spatial short-term memory is the ability to temporarily store spatial information in memory. This ability is often used in scenarios such as mavigating after getting directions from somebody pointing on a map or drawing or building something you saw being created, like when following a YouTube tutorial.

VISUOSPATIAL WORKING MEMORY

Visuospatial short-term memory is the ability to temporarily hold spatial information in memory, and manipulate or update it based on changing circumstances or demands, This ability is often used in scenarios such as viewing a route on a map, then following the route from memory or understanding positioning in sports, and carrying out pre-planned plays.

ATTENTION

Attention is the ability to focus on relevant details or differences, This ability is often used in scenarios such as staying focused on a task when it counts (like driving), identifying similarities and differences when comparing two things, or noticing small interpersonal details, like a partner's haircut.

RESPONSE INHIBITION

Attention is the ability to concentrate on relevant information in order to make a correct response despite interference, This ability is often used in scenarios such as keeping your eyes on the road when driving, despite passing distracting signs or people or inhibiting your emotional gut reaction to a social media post to formulate a more rational response.

VERBAL SHORT-TERM MEMORY

Attention is the ability to hold information in mind and verbally rehearse it for as long as necessary. This ability is often used in scenarios such as understanding long sentences by remembering the beginning of the sentence by the time you get to the end, or writing down a phone number or entering in credit card information from memory.

VERBAL REASONING

Attention is the ability to the ability to quickly understand and make valid conclusions about concepts expressed in words. This ability is often used in scenarios such as understanding complex everyday speech-e.g., "I didn't know that he wasn't going to show up.", or giving clear verbal or written instructions to people who report to you at work.





Objectively Measure Your Cognitive Function

Mental health and mood disorders are intrinsically linked to core aspects of cognitive function that are key to your quality of life—understand how these disorders are affecting your cognition by completing a cognitive assessment.

Take Action:



Gain a comprehensive understanding of your brain health, which will be used by healthcare professionals to individualize treatment plans according to your needs

Re-assess your cognition throughout treatment to objectively measure improvements, giving you confidence that interventions are having the desired effects

Continue monitoring post-treatment to ensure you're maintaining a level of cognitive function that enables you to live your best life

How does it work?

Using a tablet, desktop or laptop computer, you'll take a series of quick, fun, and engaging tasks that have been validated to measure your memory, concentration, reasoning and verbal abilities—all core areas of cognition that may be affected by a mental health condition.

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Can you spot the "Odd One Out"? This task measures your deductive reasoning ability. Common, everyday situations that require deductive reasoning include:

Following a set of rules during tax-time and determining you qualify for a rebate Coming to conclusions about what's safe for you to eat given a set of dietary restrictions Choosing the best hotel to stay at according to the criteria that matter to you most

How will results be used?



Results for each task you complete will indicate where you stand relative to others in your age group. Over time, and as you progress through treatment, you'll begin to see performance trends so that you can objectively evaluate how treatment is affecting you. Your healthcare professional will use this information during intake to ensure they target the right areas during treatment, and then re-assess periodically to measure progress.

Speak to us to begin measuring your cognitive function today