

YOUR BRAIN IS BETTER ON MUSIC

Music has been changing your brain your whole life

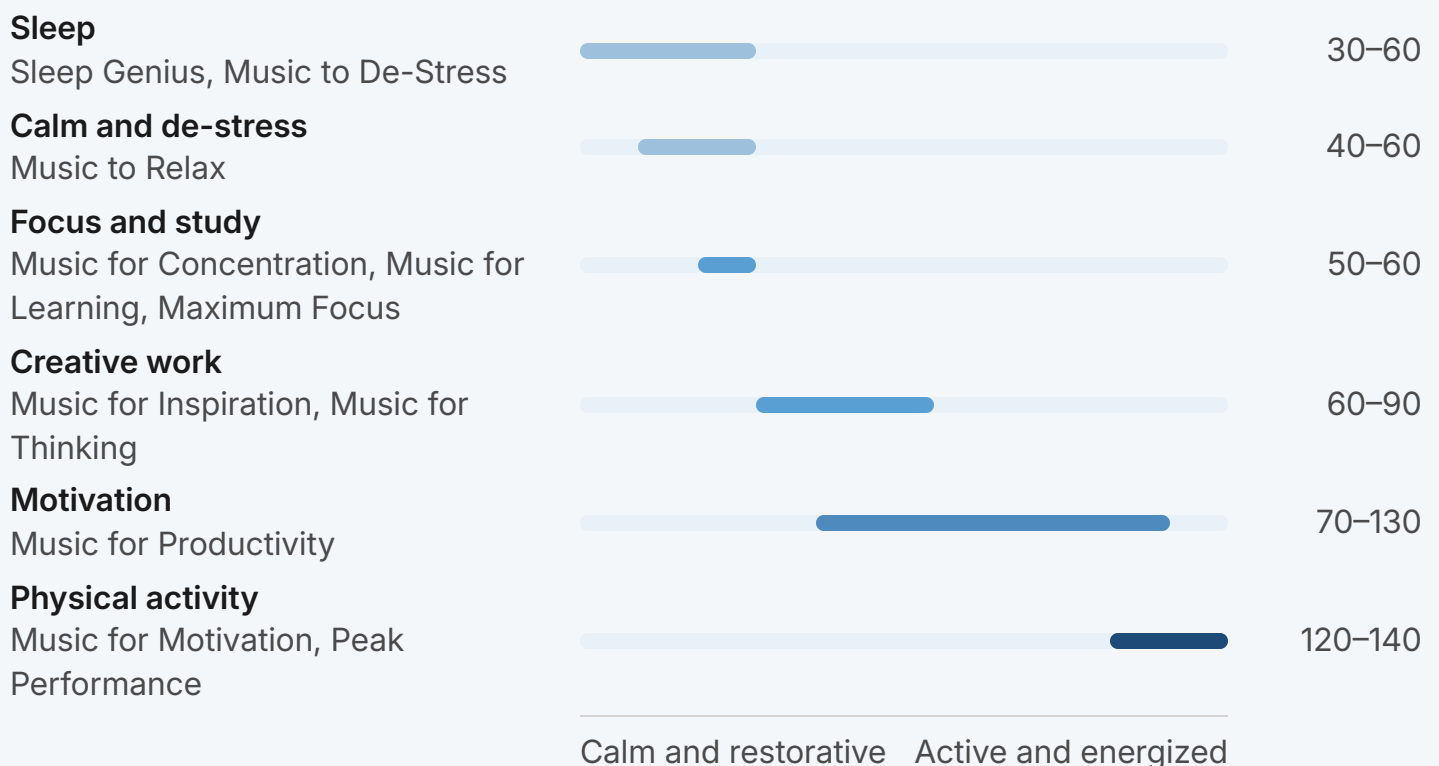
Music you love can change what is happening in your brain and body, influencing your heart rate, attention, movement, and mood. Most of the time, those effects happen without a plan. This guide is about using music with intention: one way to influence how you feel in the moment and another to train the brain over time.

I Music for the moment

The brain naturally synchronizes with rhythm, and tempo plays an important role. Slower tempos can support the parasympathetic “rest and digest” response, while faster tempos can increase alertness, energize movement, and raise heart rate.

The tempo spectrum

Beats per minute, slow to fast



ABT PURPOSE-COMPOSED MUSIC FOR MODE 1

Sound Health, Sleep Genius, and Music for Babies are ABT recordings, composed specifically for each of these states. Find them at advancedbrain.com.

Try it tonight. Choose the state you want to support, play music with that tempo for twenty minutes, and notice what changes. This is music used intentionally for the moment. Mode 2 builds on that idea with a structured approach designed to train how the brain processes sound over time.

2 The Listening Program®: music as a training protocol

A playlist meets your brain where it is. A protocol is designed to help it change. The music challenges the auditory system, session after session, helping the pathways involved become stronger and more efficient. Because the brain is always processing sound, music can engage the nervous system in ways few other experiences can.

The Listening Program is that protocol, and a free 7-day trial at try.advancedbrain.com is how you can hear it for yourself. Fifteen minutes a day, five days a week, on the same schedule certified providers use.

WHY LISTENING CAN CHANGE A BRAIN

Engineered music

Recordings are filtered by frequency, moved through a three dimensional sound field, and shaped by intensity shifts. The brain responds.

The brain adapts

Repeated demand strengthens auditory pathways the way training strengthens a muscle. One session does little. Consistency over weeks is what builds the change.

Sound comes first

Attention, language, regulation, sleep, and coordination are all influenced by how clearly the brain processes sound. When auditory processing becomes more efficient, other areas of development often follow.

HOW TO USE THE LISTENING PROGRAM: YOUR FIRST WEEK

15 minutes a day 5 days a week

Day 1. Start the free trial at try.advancedbrain.com, then listen for your first fifteen minutes.

Days 2 to 5. Fifteen more minutes each day, headphones on. Draw, read, or rest while it plays.

Days 6 and 7. Rest, then repeat the week. Reach out if you have questions along the way.

“Something clicked in there.”

Ethan used to catch the first instruction and lose the rest. After a few sessions, his father noticed him speaking in fuller, clearer sentences. By session twelve, he was following all three of his karate coach’s directions. Around the same time, he picked up a book and started reading on his own.

YOUR NEXT STEP

Start your free 7-day trial

try.advancedbrain.com

Free for seven days, then from \$34.95 a month.

Questions? info@advancedbrain.com · 801-622-5676

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