

# CogniFit: Memory Games and Memory Brain Training

43 reviews

Trains and strengthens essential cognitive abilities in a professional way. Comprehensive report of results, progress, and evolution.

## WHO IS IT FOR?

For personal use

To manage patients

For a family member

To manage students

To manage research participants

Monthly Plan \$19.99

Annual Plan \$119.99

Users under 16 years-old must use a family account

**\$119.99**

BUY NOW

## Leaders in memory games and exercises

- Train with CogniFit's memory games online and boost cognitive skills
- Get access to this tool to train memory
- Challenge your brain and strengthen adaptive potential with these memory games



Excellent! You're above average.

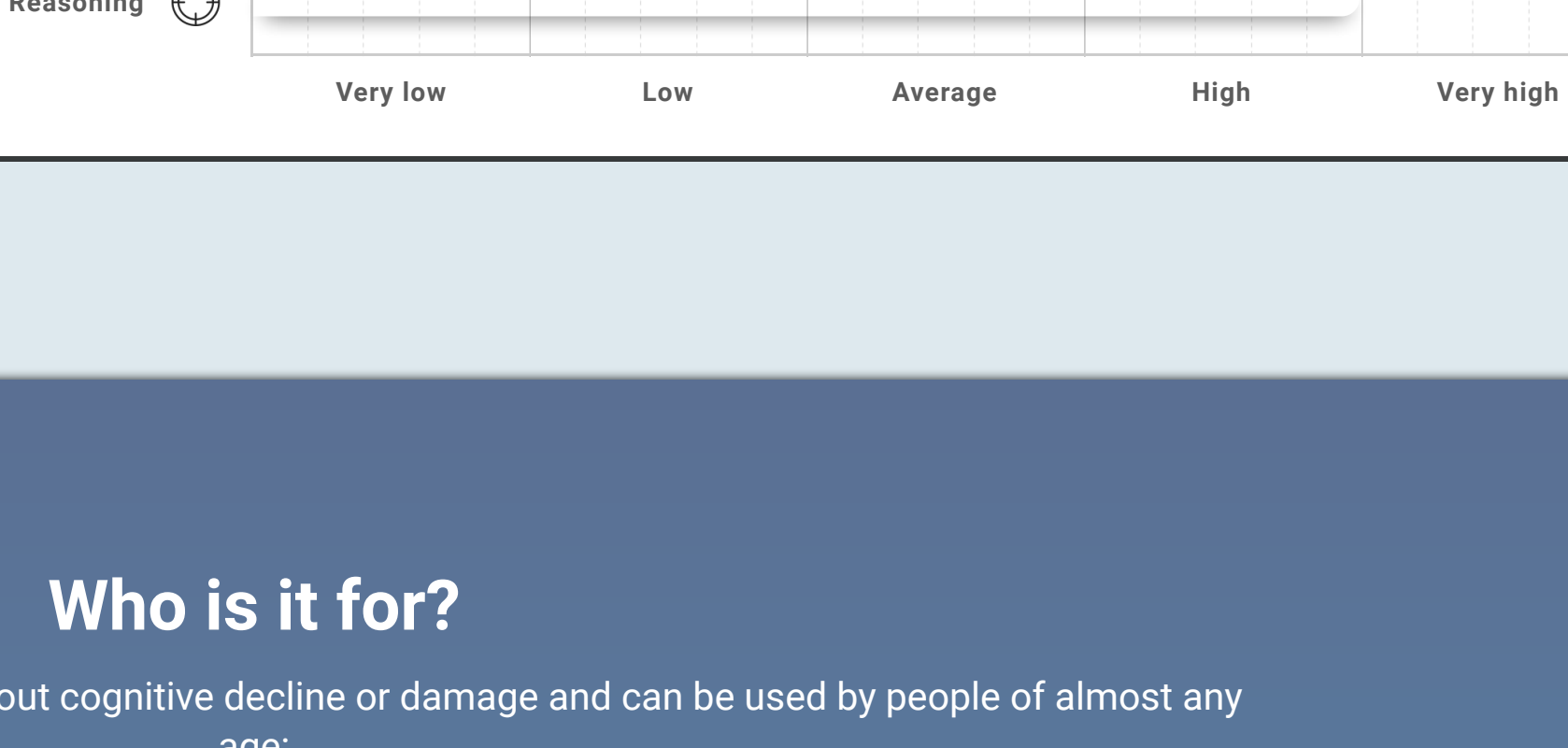
The cognitive stimulation program for memory from CogniFit makes it possible to activate and train the different mental processes used in our ability to store and remember information.

CogniFit's memory games for adults and kids adapt the difficulty to each user's specific needs as they train. This scientific resource was perfected to continually measure the brain's ability code, retain, and recover information that it receives from the environment. The patented technology from CogniFit automatically adjusts the type of games, along with the difficulty of the memory games and cognitive requirements, for each user's specific characteristics (like age, cognitive damage or deficits, etc.).

Many people think that memory is an innate, unchanging ability. However, with the proper brain training, this cognitive skill can be trained, exercised, and improved. The intervention program from CogniFit, based on online memory games, is for both the healthy population as well as an individual worried about memory loss, or someone who has suffered any type of cognitive decline.

The memory games for adults and kids, as well as the training exercises from CogniFit, are useful for children, adults, and seniors to activate and strengthen their ability to memorize and compare their cognitive state with the rest of the population.

CogniFit offers a battery of personalized online memory games that adapts to each user's cognitive strengths and areas of improvement.



## Who is it for?

CogniFit is perfect for people with and without cognitive decline or damage and can be used by people of almost any age:

### Memory games and training for children and teens

Children and teens are right at the age when they are developing their different cognitive skills. Proper cognitive stimulation at this age can help strengthen cognition of even the youngest learners, positively affecting academic results and other aspects of their lives that require learning and memorization. The memory games from CogniFit are recommended for children 7 years and older.

### Memory games and training for adults

Our brains stop developing at about 20 years old, but memory games can continue to help adults after 20. The memory games and exercises can help adults be more efficient at work, and in daily life.

### Memory games and training for seniors and elderly

Put your brain to the test with the tasks designed to strengthen and improve our cognitive abilities, increasing cognitive reserve. A good cognitive reserve can help protect against cognitive decline caused by aging or brain injury. This is why it is important to train memory in seniors and elderly.

## Trained cognitive skills

Memory is not a single cognitive area, scientific evidence has shown that it is composed of a series of cognitive skills more or less independent of each other. CogniFit memory training is responsible for training these branches of memory:

### Cognitive Domains Trained

**Memory**  
The ability to retain or use new information and recover memories of the past. Memory allows us to store internal representations of knowledge in our brain and retain events from the past to use them in the future. Learning is a key process in memory because it makes it possible to incorporate new information or modify existing information in the previous mental schemas. After this coding and storage, the information, the memory, or the learning should be prepared to be recovered in the future. The hippocampus is a key brain structure in the mnemonic process, and works actively during sleep to consolidate the information acquired during the day.

### Cognitive Skills

- Short-Term Memory
- Phonological Short-term Memory
- Visual Short-Term Memory
- Naming
- Working Memory
- Non-verbal Memory
- Contextual Memory

## What will I achieve with CogniFit memory training?

CogniFit memory training relies on the brain plasticity of our brain to enhance our memory. This memory training seeks to stimulate the brain parts related to our memory to help us:

**Improve the current state of the memory.** Memorizing is a complex process that we use to study, work, and other everyday activities. CogniFit memory training games are designed to improve these skills. For example, it makes it easier for us to remember a lesson, to make fewer mistakes when remembering things, or remember a specific word.

**Prevent memory problems.** A person doesn't have to wait until they have memory problems to start training. CogniFit memory games can help prevent or delay age-related memory problems or other processes that lead to memory impairment.

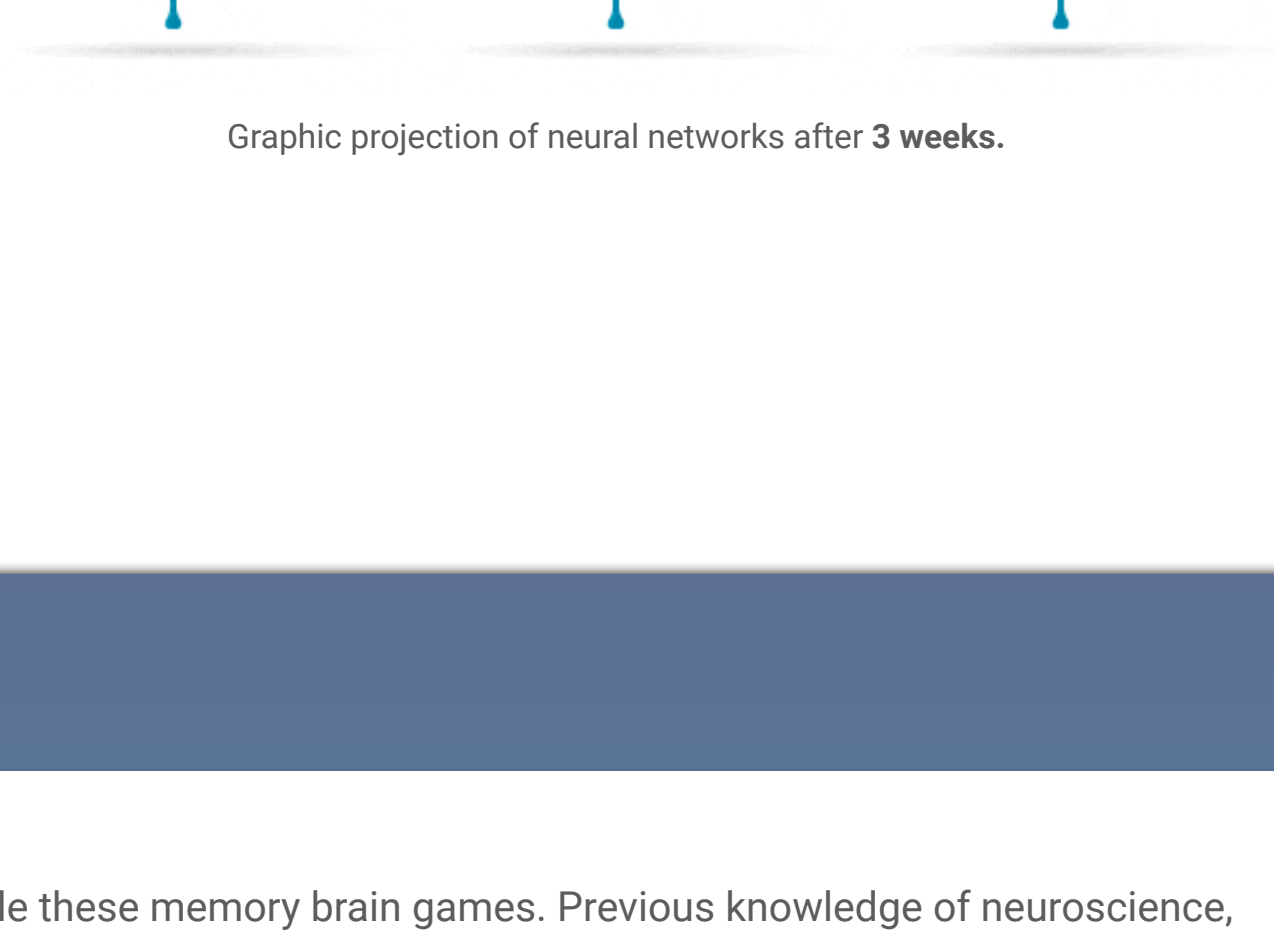
## How does it strengthen cognitive function?

CogniFit's memory games for adults and kids use the brain's neuroplasticity to activate and strengthen its ability to store and remember information.

Training your brain with these leading adults and children memory games in the field of cognitive intervention can help stimulate specific neural activation patterns. The repetition of these patterns with CogniFit's memory games helps create new synapses and help in the myelination of neural circuits capable of recovering or organizing memory.

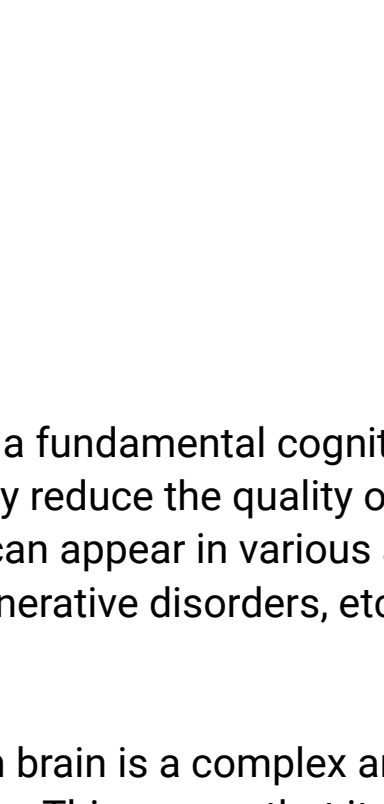
The cognitive stimulation program from CogniFit was designed to help stimulate the adaptive potential of the nervous system. The memory training games from CogniFit are appropriate for anyone who is looking to test and improve their cognitive skills.

It's important to remember that proper brain training isn't just randomly playing the games you like most. It's not enough to play memory games that you find online and hope to improve your memory. Good cognitive training requires a therapeutic goal, a theoretical framework, scientific validation, and regulation, like the ones that CogniFit offers. This is the only way the brain will receive the adequate cognitive stimulation it needs.



## Benefits

CogniFit is a platform leader in online memory games for adults and kids. All of the tasks and exercises were designed by experts in the field of neuroplasticity, stimulation, and cognitive rehabilitation. This online program based on a scientific methodology for memory stimulation and rehabilitation offers many different benefits.



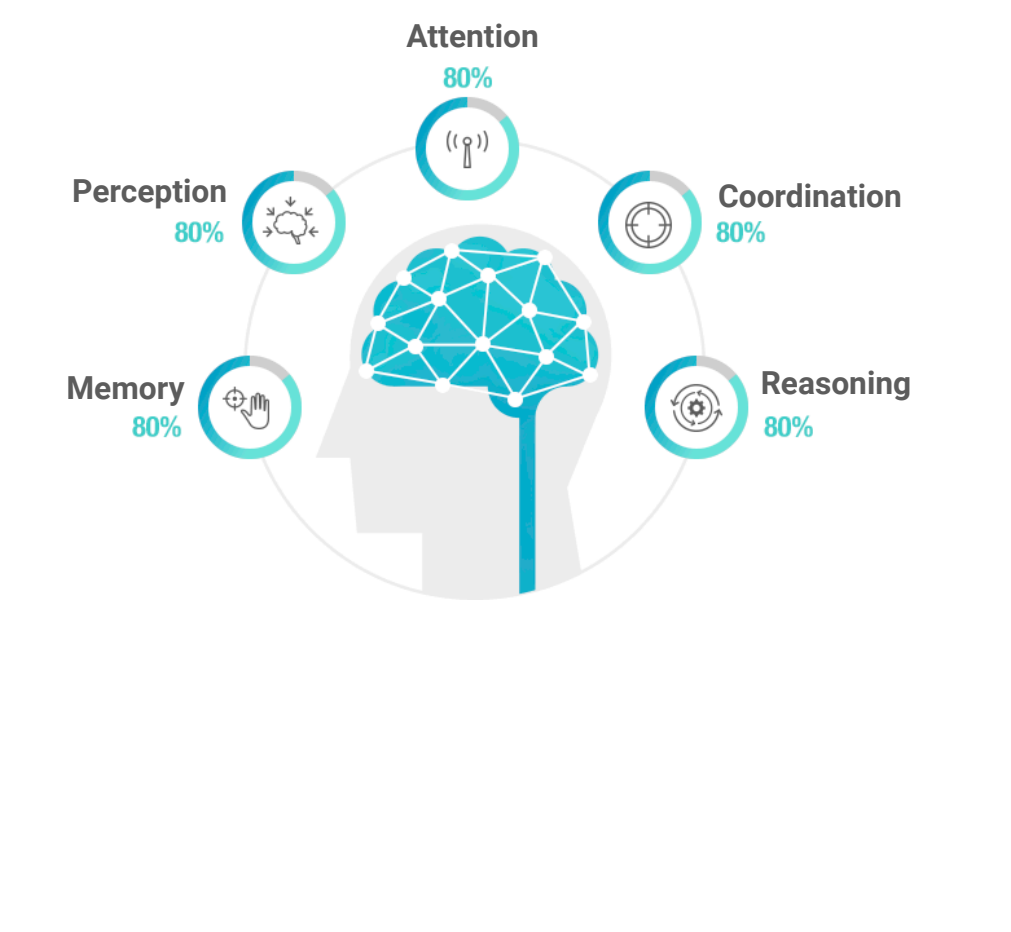
- EASY TO USE**  
Any user or professional can handle these memory brain games. Previous knowledge of neuroscience, or computer science is not needed. CogniFit is intuitive, agile and efficient in the tasks and results of the memory brain training.
- HIGHLY ATTRACTIVE**
- INTERACTIVE AND VISUAL FORMAT**
- COMPLETE RESULTS REPORT**
- PROGRESS AND EVOLUTION**
- ADAPTED TO EACH USER**
- TELE-STIMULATION**

## What happens if you don't train your cognitive skills?

Memory is a fundamental cognitive function for our day-to-day lives. Poor memory can significantly reduce the quality of life. Memory loss is a normal part of aging, but memory problems can appear in various alterations, like developmental disorders brain injuries, neurodegenerative disorders, etc. This is why it is important to train and take care of your memory.

The human brain is a complex and efficient organ. It's designed to save resources and energy where it can. This means that it eliminates or weakens the neural connections that it uses least. If you don't use your memory regularly, the brain will stop sending it the resources it needs, which will cause a decrease in efficiency and make it harder to do a number of daily tasks, like learning new things, remembering past events, understanding long sentences, learning a route, recognizing family members, organizing tasks, etc.

In order to avoid this, it's important to systematically activate the mental processes related to memory. One of the most effective tools to activate and strengthen this cognitive ability are the training programs and brain games from CogniFit. This program, leader in cognitive stimulation therapy, offers a multi-dimensional and systematic training program for memory and other cognitive areas. This makes it possible to activate and strengthen the neural patterns used in the processes of coding, storing, and recovering information.



## How much time should I spend with CogniFit?

The complete training sessions usually last about 10 to 15 minutes. We recommend training two to three times a week, on non-consecutive days. In order to ensure proper training, CogniFit will send training reminders.

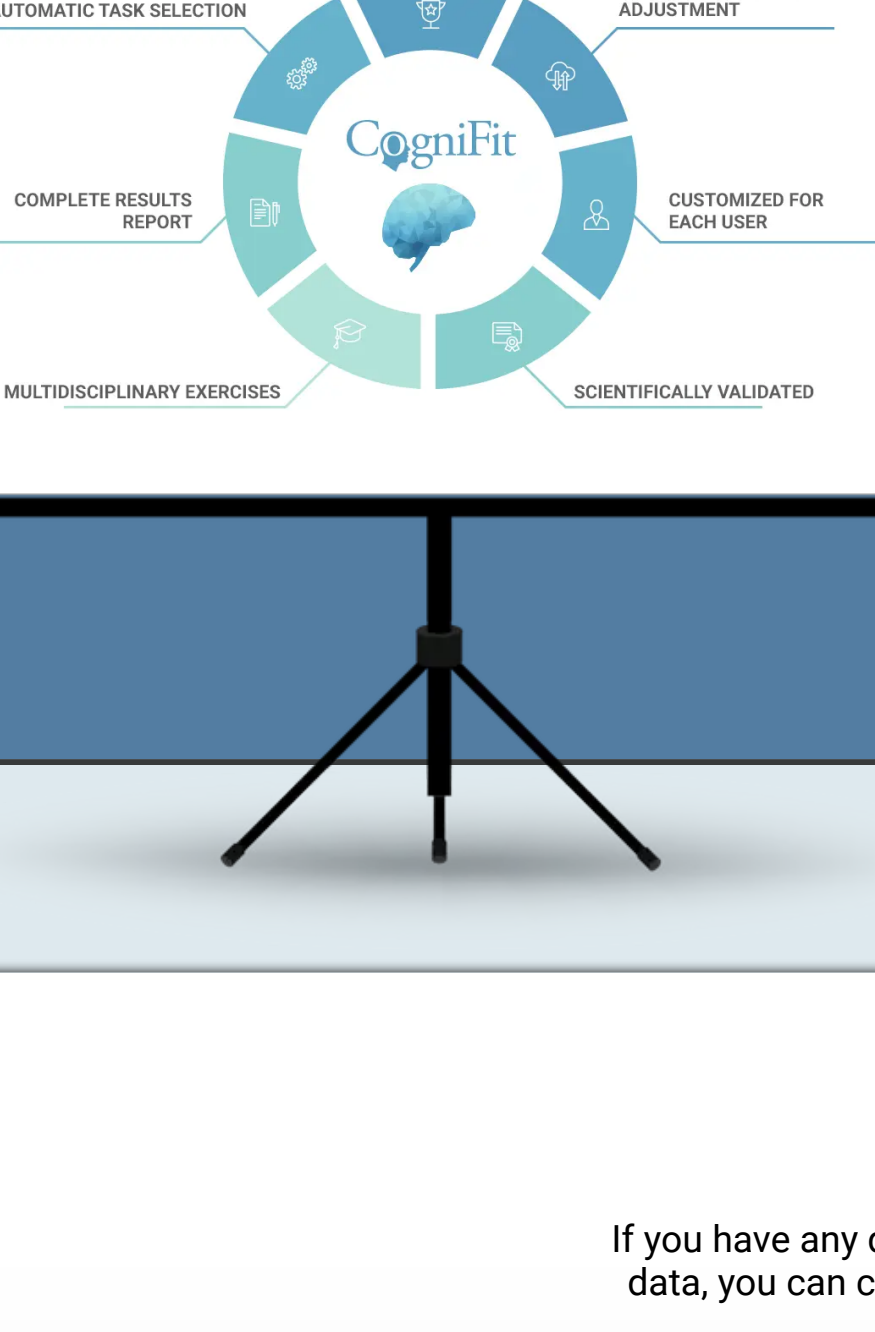
In each memory training session, the CogniFit tool will automatically suggest two brain training games and a single assessment task to measure a group of cognitive skills. This makes it possible to easily train and measure the user's cognitive progress in memory and its different subtypes: short-term memory, working memory, etc.

Weekly Objective: 3 sessions

Each training session is composed of: 15-20 minutes

- Brain Training Game
- Brain Training Game
- Assessment Task
- Cognitive Results

## CogniFit is unique



CogniFit is a leader in a series of cognitive stimulation and brain training for memory. The training program incorporates a field of multi-dimensional and standardized exercises that combine different therapeutic activities: classical rehabilitation techniques, learning, and pedagogical activities specially designed for professionals to re-train memory and other cognitive skills, helping to optimize efficiency and transform areas of the brain into strengths.

The memory games from CogniFit will adapt to the user as the train. This patented technology was designed by an international team of scientists, neurologists, and psychologists that has researched the latest discoveries about the brain and memory.

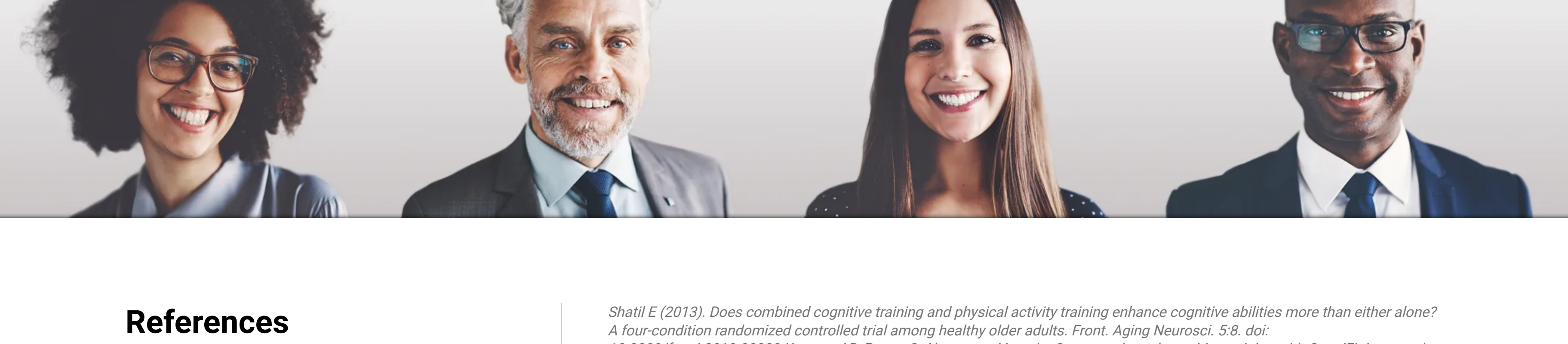
The brain training program for memory from CogniFit is unique, as it continuously measures the user's performance and automatically chooses the type and complexity of the tasks that best suit the user's needs. This allows the user to constantly train and challenge the cognitive skills that they need to improve.

The personalized brain training program from CogniFit gathers the cognitive data from each user and provides a detailed report about the user's cognitive level. This makes it possible to see the user's initial cognitive level and level of progress.

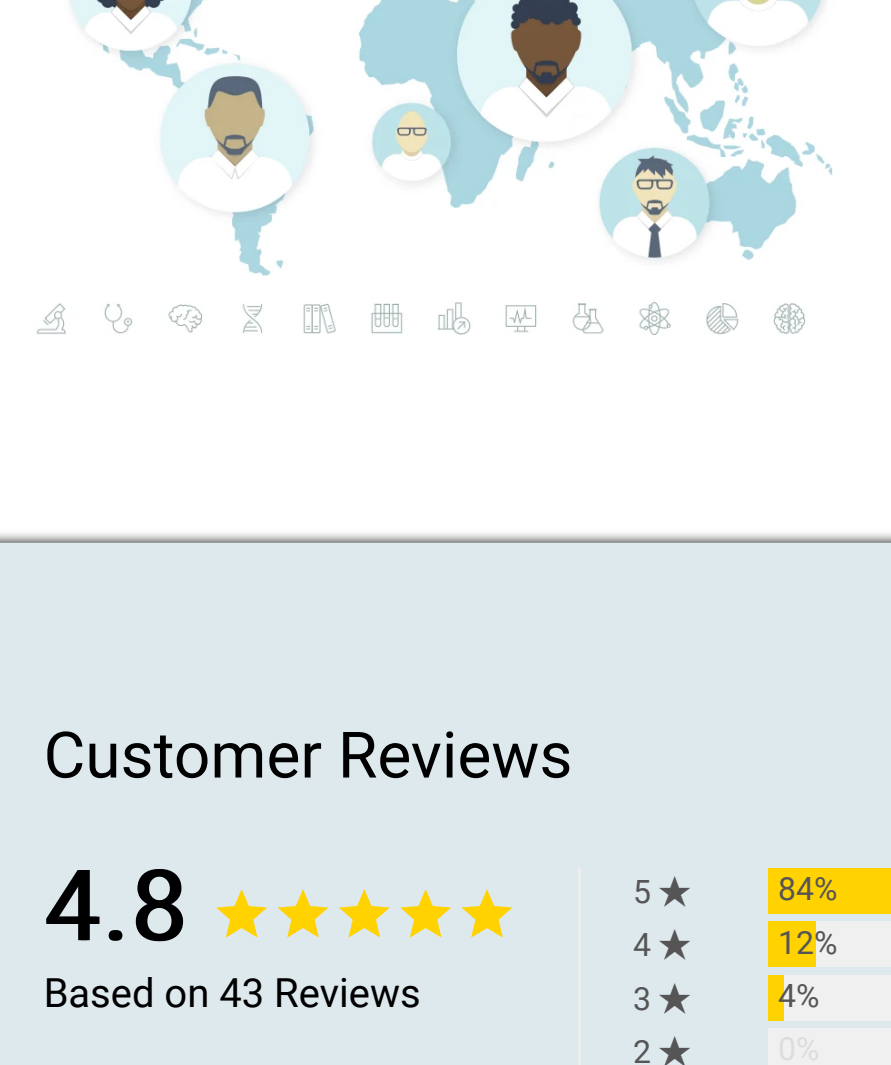
## Customer Service

If you have any questions about how CogniFit memory training works, the management or interpretation of the data, you can contact us immediately. Our team of experts in neuroscience and developmental disorders will answer your questions and help you with everything you need.

CONTACT US NOW



## References



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## Customer Reviews

4.8 stars based on 43 reviews

5★ 36% (16)

4★ 54% (23)

3★ 10% (4)

2★ 0% (0)

1★ 0% (0)

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24 May 2024

★★★★★

I recommend this product

**Muy buenos juegos**

Tengo 50 años y estoy muy contento en haber suscrito. Sugiero que para clientes que tenemos cierto tiempo inscritos apliquen un descuento. Al momento estoy son trabando y el próximo mes ya cancelaré mi suscripción.

Un fuerte abrazo.

Geovanny C. Ecuador

Was this helpful? 0 0

11 May 2024

★★★★★

I recommend this product

**EXCELENTE**

este programa y sus juegos me retan y eso me gusta!

Camilo F. Canada

Was this helpful? 0 0

09 March 2024

★★★★★

I recommend this product

**ok**

Mira Slovenia

Was this helpful? 0 0

26 January 2024

★★★★★

I recommend this product

**Mr good**

Najjad Z. United Arab Emirates

Was this helpful? 0 0

12 October 2023

★★★★★

I recommend this product

**Gedächtnis**

Hat viel spass gemacht.

Lara A. Germany

Was this helpful? 1 0

29 November 2023

★★★★★

I recommend this product

**excelente**

me gusto mucho tiene juegos muy buenos que tiene grandes desafios

Jovan

Was this helpful? 0 0

17 October 2023

★★★★★

I recommend this product

**Estou positivo**

Boraaa

Caio A. Brazil

Was this helpful? 0 0

09 October 2023

★★★★★

I recommend this product

**OK**

Bien

Raiza G. France

Was this helpful? 0 0

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CogniFit App

### Brain Science

- The Human Brain
- Brain and Mind
- Parts of the Brain
- Neurons
- Brain Plasticity
- Brain Fitness
- Cognition
- Memory Loss
- Intelectual Disabilities
- Brain Functions
- Executive Functions
- Coordination
- Memory
- Perception
- Attention

### Research

- Digital Therapeutics Validation
- Computer Games
- Healthy Older Adults Trial
- Navy Pilots
- Senior Wellness
- Healthy Seniors
- Senior Cognitive Training
- Cognitive state in adults
- Systematic review
- SG4D taxonomy

### Brain Games

- Chess Online
- Mini Crossword
- Fruit Frenzy
- Pipe Panic
- Crystal Miner
- Solitaire
- Robo Factory
- Ant Escape
- Treasure Island
- Neon Lights
- Drive me crazy
- Visual Crossword
- Match It!
- Space Rescue
- Math Madness
- Marble Race
- Melodic Tennis
- Scrambled
- Find Your Pet
- Melody Mythem
- Color Rush
- 3D Art Puzzle

### Tools

- For Families
- For Clinicians
- For Researchers
- Educational
- Patent
- MindFit®
- BabyBright®
- Exercises for Children
- Cognitive Development
- Brain Exercise
- Individualized Training System
- Mind Quiz
- Cognitive Stimulation Therapy
- Mind Exercises
- Personalized Brain Training
- Brain Games
- Mental Exercise
- Online Memory Games
- Cool Math Games
- Brain Battles
- IQ Test