

WHAT THE METRONOME CAN DO

1. Regulates arousal

Arousal (how alert and relaxed we are) is the first thing the metronome effects. But many things are tied to arousal:

- Energy
- Emotions
- Sensory processing
- Concentration and learn
- Ability to build new neural pathways



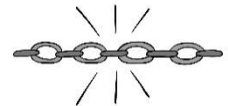
Because so arousal is connected to so many things, being able to modify it is very important, and makes the metronome a powerful tool!

"But how?"

Every person's body has a speed. Bigger bodies tend to move slower, little bodies move faster. The speed that a body moves changes depending on arousal too. If a body is moving faster or slower than what is *optimal* for that body in that moment, playing the speed of that body's optimal speed brings the body back to its optimal point.

2. Helps with brain building

In the most fundamental sense, building connectivity between different brain regions is the goal of anyone's NMT journey. The more the different parts of our brain talk to each other, the healthier and stronger our brains are. Using a metronome is like pushing fast forward on the connection building process.



3. Gets us ready (primes) for motor, speech and cognition

If moving, speaking or cognitive tasks such as school work are tricky, then the metronome can help! 200 beats of a metronome (around two minutes of listening) can get the brain and body ready to do what it needs to do. It can also prime visual responses.



4. Lengthens duration of sensory input in the system

If sensory input like proprioceptive squeezes are given in time with a metronome, then that input can stay 'in the body' for 5-6 weeks!

