

## **Attention, Hyperactivity, Concentration and Memory**

### **Auditory Zoom** - *ability to focus on and to tune out background noise*

With conscious intention to listen, there is a muscular adjustment in the middle ear that allows focus or protection from certain sounds/messages. Tomatis listening reeducation strengthens or relaxes these muscles based on your needs, seen on listening test.

### **ADD, ADHD and Bone Conduction**

Some types of ADD ADHD come from hearing too much through bone conduction. Sounds picked up by our bones and transmitted directly to the inner ear without filters (to dampen the intensity and to remove irrelevant sound) contribute to attention deficit and hyperactivity.

### **Attention** - *capacity to select and maintain awareness and focus*

Have you ever said “You’re not listening to me”, “I have to repeat the same thing so many times” “Concentrate on your homework” ...

Attention disorders improve when the auditory zoom functions correctly.

### **Hyperactivity** - *An underactive vestibular system contributes to hyperactivity.*

There are several ways to stimulate the vestibular system of the inner ear.

Hyperactive children do it by moving around continuously (even though this is not very functional).

### **Concentration**

*Correct auditory processing requires good brain stimulation and accurate functioning of the middle and inner ear.*

The auditory system functions in harmony with the brain, nervous system and entire body. Hearing a complete range of frequencies from 125-8000 Hz is required for concentration.

### **Memory**

*The cochlear part of the inner ear, which plays an important role in charging the brain, is essential for better retention of information.*

The Tomatis Method works on the limbic system in the medial part of the brain, to which the auditory system is connected. This part of the brain is responsible for emotions, memory and learning.

**Tomatis® Listening Pedagogy is based on the electronic gating that brings about a perceptual sound contrast meant to constantly surprise the brain so that it stays awake and attentive. The goal is to help the brain develop automatic mechanisms for detecting changes, which will consequently reinforce concentration, memory and attention.**