

Brain Training Doesn't Make You Smarter

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Scientific American:

If you've spent more than about 5 minutes surfing the web, listening to the radio, or watching TV in the past few years, you will know that cognitive training—better known as “brain training”—is one of the hottest new trends in self improvement. Lumosity, which offers web-based tasks designed to improve cognitive abilities such as memory and attention, boasts 50 million subscribers and advertises on *National Public Radio*. Cogmed claims to be “a computer-based solution for attention problems caused by poor working memory,” and BrainHQ will help you “make the most of your unique brain.” The promise of all of these products, implied or explicit, is that brain training can make you smarter—and make your life better.

Yet, according to a statement released by the Stanford University Center on Longevity and the Berlin Max Planck Institute for Human Development, there is no solid scientific evidence to back up this promise. Signed by 70 of the world's leading cognitive psychologists and neuroscientists, the statement minces no words:

“The strong consensus of this group is that the scientific literature does not support claims that the use of software-based “brain games” alters neural functioning in ways that improve general cognitive performance in everyday life, or prevent cognitive slowing and brain disease.”

Read the whole story: [*Scientific American*](#)