



**PISTA FOR
PREVENTION OF
COGNITIVE DECLINE**

The application of binaural beats and brainwave entrainment in PISTA programs has demonstrated significant potential in preserving cognitive function.

Research suggests that these techniques can enhance cognitive performance by influencing brainwave activity, particularly in the frequency ranges associated with attention, memory, and information processing.

By providing tailored auditory stimulation, PISTA programs can optimize brainwave patterns and promote a state of:

- focused attention,**
- improved memory consolidation,**
- efficient information retrieval.**