

# Discover what your mind can do

Improve memory, increase focus, and find calm<sup>1</sup> — with the #1 brain training app

Get Started

No purchase necessary



## You care about your brain. We do, too.

### Exercise for your mind, made easy

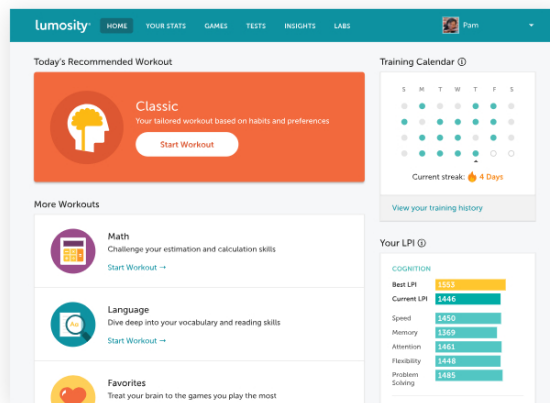
Just a few minutes a day for 3 brain games — that's all it takes. Every day, you get a fresh workout to keep you challenged.

### Sharpen the skills you use every day

Memory. Attention. Flexibility. Speed. Problem Solving. Lumosity helps you challenge and train the skills that matter to you most.

### Brain training for everyone

No matter your age or skill level, Lumosity adapts to your unique strengths and weaknesses.



## Science. That feels like games.

Our scientists take cognitive training exercises developed by leading researchers, and then adapt them into easy-to-learn brain games.

Learn More





10 years, 95 million members



4.7 rating on App Store

"I've learned a lot from Lumosity about how my mind works depending on how much sleep I've had, how much exercise I get, and how much my mood affects my mental functions."

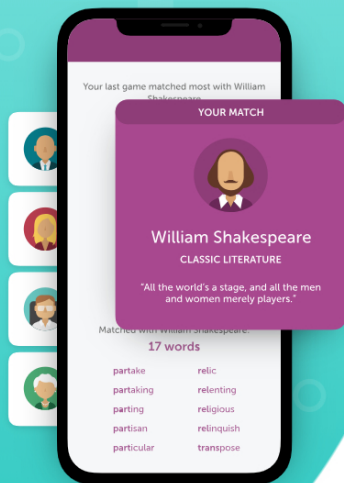


Judy, Washington

"My maths efficiency has really improved so much since I have been playing every day. I used to think I was awful at maths but it turns out I am not too shabby after all!"



Lynette, London



Train on all of your devices

Whether you're jump-starting your morning, or waiting for the bus, you can train anytime, anywhere.

Desktop

iOS

Android

Introducing Mindfulness by Lumosity

Promote greater relaxation and focus with Mindfulness. Now adapted into easy-to-learn exercises. Included with Lumosity.

[Learn More](#)

## Start your free training program

[Train Now](#)

- <sup>1</sup> Lumos Labs conducted a randomized study of Lumosity brain training, and participants were instructed to train five days per week, for fifteen minutes each day. After ten weeks of training, Lumosity users improved more than the control group on our assessments of working memory, short term memory, processing speed, and overall cognitive function. Additionally, Lumosity Mindfulness exercises guide users on how to relax and focus.

[Learn more about our science](#) →

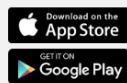
### Lumosity

[Get Started](#)  
[Log In](#)  
[Try Games](#)  
[Our Science](#)  
[Our Games](#)  
[Mindfulness](#)

### Lumos Labs

[Press](#)  
[Careers](#)

### Mobile Apps



### Group Plans

[For Teams](#)

### Science Partners

[Become a Collaborator](#)  
[Human Cognition Project](#)

### Community

[Blog](#)

### Help

[Help Center](#)  
[Contact Us](#)

### Legal

[Privacy Policy](#)  
[Terms of Service](#)