

SLEEP REVIEWS AND TESTIMONIALS

Schedule Assessment

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The views expressed below are the personal views of the reviewer and are based on the reviewer's experience with the completion of Neurocore's 30-session program. Results will vary. Consumers should not expect to experience the same results.

"I used to stress out over every little thing in my life, always on the go and never let my brain or body relaxed. My stress levels lead to constant headaches/migraines and trouble sleeping.

I can finally handle stress and sleep through the night. I do not worry and stress myself out over the little things. My head pains have decreased significantly, I no longer feel like I'm in a constant fog/dizziness."

Abbie W.

Grandville Center, December 2017

"I was having trouble in college focusing and taking time out of my life to study. Although I have not yet started school again since I started the program, I feel a change in how I separate my schedule during the day. I also find myself planning ahead more.

My sleeping patterns have improved. They taught me techniques to fall asleep if I can't. All of the ladies that did my weekly treatment were great, very friendly and efficient! I enjoyed coming every week!"

Amy C.

Livonia Center, December 2017

"I would struggle to sleep every night regardless of what I did during the day. Memory loss and stress increase resulted from lack of sleep.

I am actually sleepy at night and am able to sleep through the night. Stress levels have decreased and I am struggling less with remembering details, etc. The staff at Neurocore Grand Rapids was very accommodating, friendly, and helpful! I would recommend the program to everyone."

Brandee E.

Grand Rapids Center, November 2017

"Mallory started showing signs of high anxiety and depression. She was having difficulty sleeping, waking up two to three times a night. She also had zero focus in school, getting out of her seat at inappropriate times, and struggling in areas academically that she had always excelled in. She started getting made fun of in school because she wasn't controlling her impulses, which then led to her having anxiety attacks about going to school. Prior to Neurocore, we saw a sleep doctor and ADHD specialist and confirmed she had central sleep apnea and ADHD symptoms, but NOT ADHD.

Mallory is sleeping much better, which has helped her restlessness and increased her focus in school. She is back to all A's in school, and behavior wise there has been much improvement. Her anxiety has decreased greatly, and we see less bouts of depression tendency's. The breathing techniques she learned has helped to calm her down when she gets frustrated, and thus her temper tantrums and outbursts have decreased. She is also less combative/argumentative, which has increased the quality of life for our entire family. I wouldn't say she is an entirely different child, but instead, I'd say we've found the child that we lost at one point.

We look forward to continue to work with Neurocore to keep Mallory on the right path. The staff was always so nice and made us feel right at home"

Jacqueline R.

Sterling Heights Center, November 2017

"My sleep was nonexistent and my anxiety was high because of it. I had terrible mood

"I could not sleep or wake up with enough energy for the next day. I also had anxiety

"I would struggle to sleep every night regardless of what I did during the day.

"My sleep was nonexistent and my anxiety was high because of it. I had terrible mood swings and it was really hard to do life. I am able to fall asleep within a half hour of going to bed and can sleep all night. If I do wake up in the night I am able to go right back to sleep. I wake up with energy and my patience with my family is so much better. My husband says I'm a different person now. "

Anonymous

Grandville Center, November 2017

"I could not sleep or wake up with enough energy for the next day. I also had anxiety and depression that would not go away with treatment from medicine. I can confidently say that I can sleep through the night and make it through the day with enough energy and some leftover. I am less anxious and can go out into public places without fear.

I really felt like I was friends with everyone and was treated like family which is just so refreshing after a long day at school. Very well done!"

Lauren H.

Grandville Center, November 2017

"I would struggle to sleep every night regardless of what I did during the day. Memory loss and stress increase resulted from lack of sleep. I am actually sleepy at night and am able to sleep through the night. Stress levels have decreased and I am struggling less with remembering details, etc.

The staff at Neurocore Grand Rapids was very accommodating, friendly, and helpful! I would recommend the program to everyone."

Brandee E.

Grand Rapids Center, November 2017

"Difficulty sleeping; anxiety; difficulty focusing and paying attention. My son has come to rely very much on deep breathing to help himself calm down. He requests it every night before bed. He seems like he's learning good tools for self-regulation with his autism. His sleep has improved dramatically!"

I would probably recommend doing twice a week instead of three times a week. Otherwise, it's a pretty intense schedule to keep up."

Anonymous

Holland Center, November 2017

"I came to Neurocore because I was struggling with my memory, anxiety, sleep, focus, and mood.

My life is now much more structured with a great sleeping schedule, better memory, and much less anxiety. The actual process is much less difficult than I had anticipated. The technicians and social workers were all so kind and considerate. I would definitely recommend this program to anyone who wants to change their life/habits for the better."

Anonymous

Livonia Center, September 2017

"I was struggling with symptoms of PTSD and it was enabling me to live a fuller life.

Since beginning Neurocore I've noticed a drastic change in my sleep as well as anxiety and coping skills."


Corey C.

Grand Rapids Center, September 2017

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Schedule an Assessment

Just fill out the form and we'll be in touch to schedule an assessment.
Or call 855.523.0153 to talk to a team member.

First Name *	Last Name *
<input type="text"/>	<input type="text"/>
Email *	Mobile Phone *
<input type="text"/>	<input type="text"/>
Best Callback Time *	Preferred Center Location *
<input type="text"/>	<input type="text"/>
Program of Interest *	How did you hear about us? *
<input type="text"/>	<input type="text"/>
Comments	
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<input type="checkbox"/> I'm not a robot	
	



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All calls to and from Neurocore may be recorded for training and quality assurance purposes.

Neurocore makes no claims that it can cure any conditions, including any conditions referenced on its website or in print materials, including ADHD, anxiety, autism, depression, traumatic brain injury, post-traumatic stress disorder, migraines, headaches, stress, and sleep disorders. If you take prescription medications for any of these conditions, you should consult with your doctor before discontinuing use of such medications.

WHO WE HELP

- ADHD
- Anxiety
- Autism
- Depression
- Memory
- Memory Boot Camp
- Migraines
- Sleep
- Stress

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- Grandville
- Holland
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