

## How to Read a Brainmap Video

### Interpretation Strategies

- Begin with Magnitude
  - Assess overall power level
  - Determine general distribution pattern
  - Relate frequency to function
  - Evaluate if function is enhanced or diminished
- Review Asymmetry
  - Is Alpha dominant in left hemisphere
  - Is Beta dominant in right hemisphere
- Review Dominant Frequency
  - Is Alpha slow
  - Is Beta slow
- Review Connectivity
  - Is beta hyperconnected in posterior?
  - Evaluate connectivity by frequency and function

### Component Bands and Function

- Delta: Related to sleep, brain stem functions, and fascicular continuity, can indicate inflammation and white matter damage
- Theta: Related to memory, emotion, and limbic system functions. Can indicate low perfusion, cortical lesions, or electrical dysregulation
- Alpha: Related to resource management of cognitive activities, can indicate processing incapability
- Beta: related to activation and cognitive processing in the cortex. Can indicate hyperactivation of cell columns and over-processing