

QEEG/Brain Map Instructions:

1. Get a good night's sleep.
2. Do not take Antihistamines at least 8 hrs prior to test.
Do not take AD/HD medication prior to test. (Please call if you have any questions.) No ADD meds for 24 hours prior to the map.
3. Clean hair, no gels and or sprays.
4. No makeup on the forehead.
5. Eat a protein-based breakfast like eggs & meat.
(Coffee or tea only. No energy drinks)
6. Bring a cap or scarf as your hair may be damp from the test.
7. DO NOT wear contact lenses; they will need to come out for the test.
8. Cell phones must be turned off during the test.
9. No Recreational drugs or alcohol 3 days prior to the test.

The Brain map or QEEG, is an essential part of the process of establishing **your** Neurofeedback program. It also gives us vital information about how efficiently **your** brain is processing and what areas of your brain may need remedial training. This non- invasive procedure employs electroencephalographic (EEG) equipment to evaluate brain wave patterns to determine where to make necessary changes to enhance brain performance. The four major frequencies of the brain that we measure are delta, theta, alpha, and beta. By comparing **your** EEG brain wave patterns to baseline data in our computers, we can determine how well each area, or **your** brain is functioning. This valuable information will help determine the protocol to employ to achieve the best results with **your neurofeedback program.**