Name: Amostra adulto **Age:** 48
Trainer: Amostra **Date:** 10/26/2015

Histogram

Overall EEG Shape	F7	F3	Fz	F4	F8	T3	C3	Cz	C4	T4	T5	P3	Pz	P4	T6	O1	Oz	O2
Slow Percent EC	23%	34%	33%	36%	41%	26%	33%	30%	33%	31%	28%	30%	28%	29%	28%	22%	22%	23%
Slow Percent EO	21%	34%	38%	37%	44%	25%	32%	33%	32%	29%	32%	33%	31%	32%	28%	33%	28%	32%
Mid Percent EC	29%	39%	43%	40%	37%	33%	42%	44%	43%	37%	48%	47%	47%	46%	41%	58%	52%	57%
Mid Percent EO	20%	36%	35%	37%	31%	30%	40%	38%	42%	38%	38%	41%	40%	39%	34%	40%	39%	40%
Fast Percent EC	48%	26%	24%	24%	23%	41%	25%	25%	24%	32%	24%	23%	25%	24%	31%	19%	26%	20%
Fast Percent EO	59%	29%	27%	27%	25%	44%	27%	29%	26%	33%	30%	27%	29%	28%	38%	27%	33%	28%
EEG Speed																		
Alpha Peak Freq	9.8	9.4	9.6	9.4	9.2	10	9.8	9.5	9.8	9.5	9.5	9.4	9.6	9.4	9.5	9.8	10.1	9.9
Beta Peak Freq	23.6	19	17.5	18.1	17.9	23.7	17	17	16.7	19.8	17.3	16.9	16.6	16.9	22.7	17.4	18.9	17.2
Overall Peak Freq	8.7	6.8	8.3	6.5	5.3	8	7.8	9.1	8.1	7.1	9.1	8.9	9.5	8.6	9	9.9	10.1	10
Alpha Pattern																		
A/T Ratio EC	1.6	1.4	1.9	1.4	1.4	1.7	1.7	1.9	1.7	1.5	2.5	2.1	2.2	2.1	2	3.8	3.4	3.5
A/T Ratio EO	1.1	1.2	1.1	1.3	1	1.5	1.6	1.4	1.6	1.7	1.4	1.5	1.5	1.5	1.5	1.3	1.6	1.3
Alpha EC/EO	1.7	1.4	1.6	1.3	1.6	1.2	1.2	1.5	1.1	1	2.1	1.7	1.7	1.7	1.7	3.4	2.3	3
Alpha EO/TSK	0.7	1.9	1.2	1.8	0.7	1.7	1.7	1.2	1.6	1.3	0.6	1.7	1.2	1.5	0.7	1.3	1.2	1.3

Heads

Temporal Lobe

Disconnect

Disconnect	No	
Absolute R/L ratio	1.05	
Relative R/L ratio	0.8	

Hot Temporals	T3	T4	T3%L	T4%R
Beta Percent	18.3%	14.7%	134%	110%
High Beta Percent	14.7%	11.8%	192%	158%

Results

very high
in range
very low

Position

Front
Mid
Back

Reversal	EC	EO	EC	EO	EC	EO	EC	EO	EC	EO	EC	EO	EC	EO
Left/Right Beta	F7/F8	F7/F8	F3/F4	F3/F4	C3/C4	C3/C4	T3/T4	T3/T4	T5/T6	T5/T6	P3/P4	P3/P4	O1/O2	O1/O2
irritable anxious angry	2.06	2.25	1.10	1.10	1.01	1.03	1.25	1.32	0.82	0.85	0.97	0.96	0.97	0.98
Right/Left Alpha	F8/F7	F8/F7	F4/F3	F4/F3	C4/C3	C4/C3	T4/T3	T4/T3	T6/T5	T6/T5	P4/P3	P4/P3	O1/O2	O1/O2
depressed negative	1.23	1.56	0.97	1.02	0.99	1.04	0.91	1.10	0.87	0.84	0.97	1.00	0.91	0.99

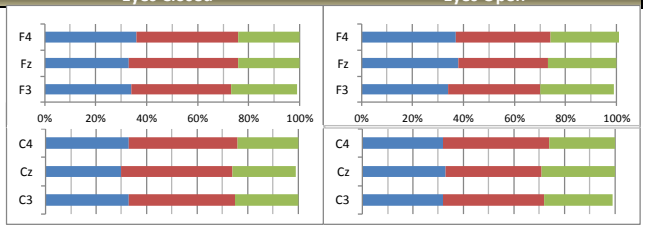
Front/Back Beta	F3/P3	F3/P3	F4/P4	F4/P4	F3/O1	F3/O1	F4/O2	F4/O2	Fz/Pz	Fz/Pz	Cz/Oz	Cz/Oz
perfectionism insomnia	1.09	1.08	0.96	0.95	1.29	1.09	1.13	0.97	0.95	0.91	1.03	0.90
Back/Front Alpha	P3/F3	P3/F3	P4/F4	P4/F4	O1/F3	O1/F3	O2/F4	O2/F4	Pz/Fz	Pz/Fz	Oz/Cz	Oz/Cz
unmotivated foggy	1.01	0.98	1.01	0.96	1.39	1.01	1.57	1.00	0.92	1.12	1.31	1.04

Blocking — Left & Right vs Midline

Fz vs F3 or F4	EC	EO	Swingle Ratio
Slow Pct	-7.7%	7.2%	66%
Mid Pct	15.0%	-8.0%	
Fast Pct	-3.7%	0.9%	

Cz vs C3 or C4	EC	EO	Swingle Ratio
Slow Pct	-8.7%	2.4%	60%
Mid Pct	7.1%	-9.6%	
Fast Pct	2.8%	6.8%	

Eyes Closed / Eyes Open



Blocking

Comparing Left/Right vs. Midline sites in F and C areas for Slow, Mid and Fast frequencies can indicate issues with the Anterior Cingulate (AC). Red or Blue numbers show differences 15% above or below which indicates a hot or cold AC, depending on the frequency distribution that is also visualized on the charts. Swingle Ratio (from Paul Swingle) shows Hibeta/Beta ratio at Fz and Cz. Values below 40% suggest low motivation. Values above 60% suggest stubbornness.

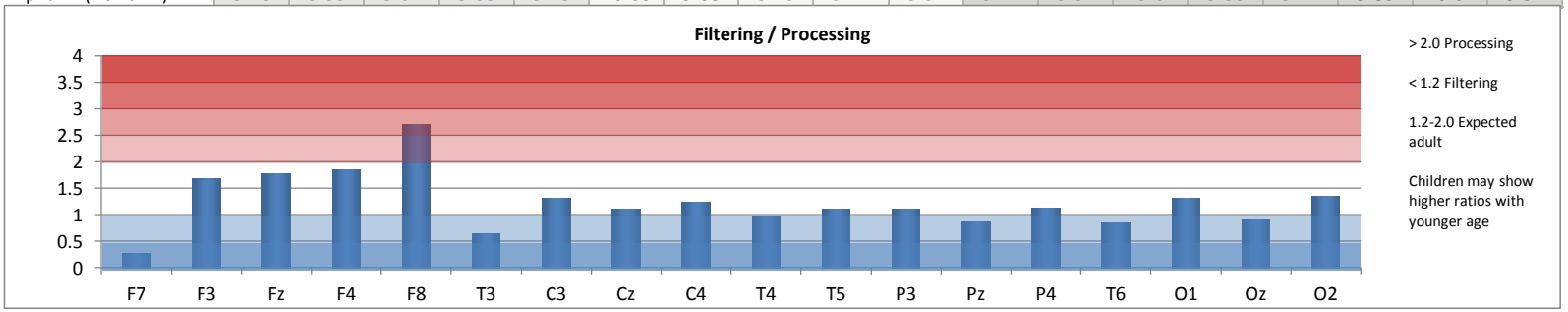
Name: Amostra adulto **Age:** 48
Trainer: Amostra **Date:** 10/26/2015

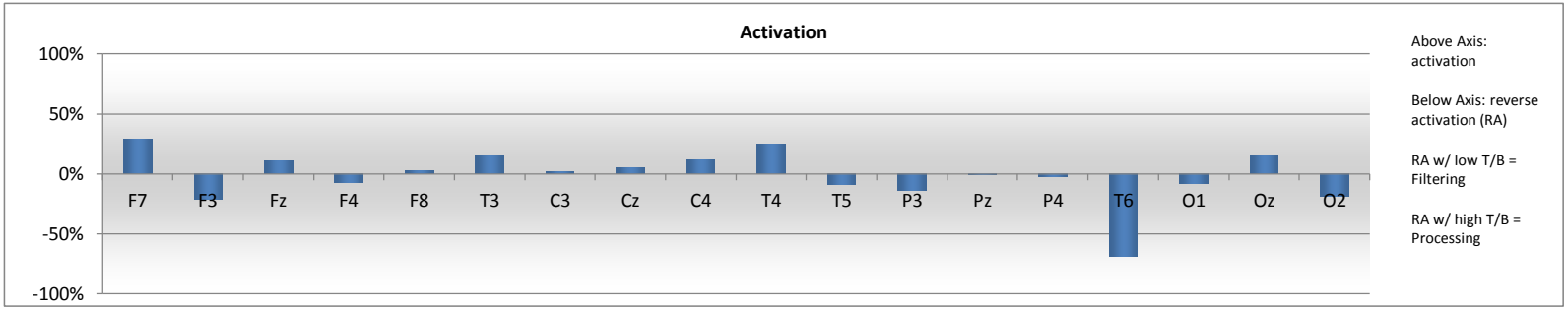
Report

Coherence/Phase %	COH	PH%	COH	PH%	COH	PH%	COH	PH%	COH	PH%	COH	PH%	COH	PH%	COH	PH%	COH	PH%
High Synchrony	F7-F8	F7-F8	F3-F4	F3-F4	C3-C4	C3-C4	T3-T4	T3-T4	T5-T6	T5-T6	P3-P4	P3-P4	O1-O2	O1-O2	Fz-Pz	Fz-Pz	Cz-Oz	Cz-Oz
SMR					78.1	70.9												
Alpha	37.4	37.2	90	87.8	88.5	81.2	24.9	31.4	50.4	40.3	82.3	75	86.2	72.2	49.2	35.2	20.9	25.5
Theta	23.6	41.9	88.4	81.1	83.5	76.9	19.3	28.8	48.7	41.6	83.3	74.6	89.6	82.3	64.8	56.2	51.1	48.6
Gamma	6.3	23.1	29.6	33.9	36.1	39.5	9	18.9	17.1	26.8	53.8	54.6	46.6	44.2	74.2	63.5	49.9	48.4

Low Synchrony	F7-F8	F7-F8	F3-F4	F3-F4	C3-C4	C3-C4	T3-T4	T3-T4	T5-T6	T5-T6	P3-P4	P3-P4	O1-O2	O1-O2	Fz-Pz	Fz-Pz	Cz-Oz	Cz-Oz
Low Beta	17.8	31.6	74	67.9			11	25	29.5	28.4	75.2	68.1	83.8	72.9	54.5	49.6	24.1	32.9
Beta	11.9	26.8	44	43.2	65.1	57.5	10.2	21.3	26.9	31	67.9	60.8	80.3	72.5	61.9	53.5	45.2	45.5
High Beta	12.5	24.1	28.3	33.7	42.8	40.8	12.7	21.4	18.9	27.9	61	54.9	63	54.7	72.7	61.3	52.1	44

Filtering/Processing																		
Theta/Beta	F7	F3	Fz	F4	F8	T3	C3	Cz	C4	T4	T5	P3	Pz	P4	T6	O1	Oz	O2
T/B ratio EC	0.46	1.86	1.37	1.85	2.86	0.63	1.33	0.97	1.19	1.11	1.13	1.07	0.67	1.04	1.15	0.93	0.67	0.9
T/B ratio EO	0.28	1.69	1.77	1.86	2.7	0.65	1.32	1.1	1.24	0.98	1.11	1.1	0.86	1.13	0.85	1.32	0.9	1.35
T/B ratio TSK	0.2	2.04	1.57	1.98	2.62	0.55	1.29	1.05	1.09	0.73	1.2	1.24	0.87	1.15	1.44	1.43	0.76	1.61
T/B ratio Activation	0.29	-0.21	0.11	-0.07	0.03	0.15	0.02	0.05	0.12	0.25	-0.09	-0.14	-0.01	-0.02	-0.69	-0.08	0.15	-0.19
SMR% EO							10.0%	10.7%	10.7%									
Alpha PF (EC 10 Hz)	9.78	9.39	9.61	9.35	9.19	10.03	9.83	9.49	9.77	9.54	9.47	9.37	9.6	9.38	9.47	9.85	10.07	9.92





Name: Amostra adulto **Age:** 48
Trainer: Amostra **Date:** 10/26/2015

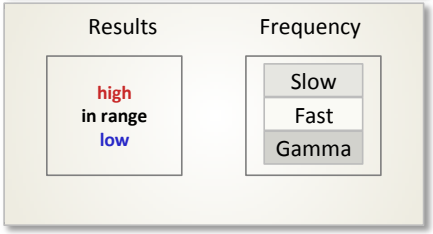
Position	Site	CND	Delta		Theta		Alpha		Low Beta		Beta		High Beta		Gamma	
			COH	Phase %	COH	Phase %	COH	Phase %	COH	Phase %	COH	Phase %	COH	Phase %	COH	Phase %
Frontal	F3-F4	EC	92	80.6	88	81.1	90	87.8	74	67.9	44	43.2	28	33.7	30	33.9
		EO	73	76.8	83	77.5	88	84.6	76	66.4	49	43.5	28	33.6	24	33.5
		TSK	90	74.6	87	76.7	79	81.4	65	65.9	38	44.1	36	33.1	28	32.5
Frontal	F7-F8	EC	34	49.8	24	41.9	37	37.2	18	31.6	12	26.8	13	24.1	6	23.1
		EO	63	45.9	47	39.3	28	36.5	23	31.3	14	25.7	12	23.0	10	22.3
		TSK	18	42.0	17	35.7	33	36.1	12	29.5	12	24.5	9	22.0	8	20.8
Central	C3-C4	EC	89	88.9	83	76.9	89	81.2	78	70.9	65	57.5	43	40.8	36	39.5
		EO	86	82.5	83	75.2	88	82.8	80	71.3	64	56.6	45	41.8	37	38.0
		TSK	83	80.5	78	73.1	80	80.0	78	70.5	59	56.1	41	41.8	41	39.2
Midline	Fz-Pz	EC	64	61.8	65	56.2	49	35.2	54	49.6	62	53.5	73	61.3	74	63.5
		EO	59	62.0	63	60.6	78	48.8	67	54.2	65	55.1	68	62.3	74	64.0
		TSK	52	59.6	58	59.3	78	56.8	70	58.1	65	56.8	70	61.8	71	64.8
Midline	Cz-Oz	EC	69	58.2	51	48.6	21	25.5	24	32.9	45	45.5	52	44.0	50	48.4
		EO	61	57.6	56	50.6	63	32.8	44	33.6	48	44.5	50	45.9	45	46.4
		TSK	48	53.6	52	50.7	66	42.7	43	37.8	47	44.9	50	46.3	43	45.9
Temporal	T3-T4	EC	33	41.9	19	28.8	25	31.4	11	25.0	10	21.3	13	21.4	9	18.9
		EO	26	34.5	22	28.9	23	31.6	12	25.1	13	21.3	13	20.3	10	17.6
		TSK	40	35.6	26	29.7	17	29.4	11	24.0	14	21.4	14	20.9	10	18.4
Temporal	T5-T6	EC	50	43.9	49	41.6	50	40.3	29	28.4	27	31.0	19	27.9	17	26.8
		EO	47	47.8	47	42.6	53	43.9	29	30.1	29	31.5	20	27.3	17	26.9
		TSK	62	48.7	56	44.2	52	45.2	30	32.1	29	32.4	17	26.9	14	26.5
Parietal	P3-P4	EC	87	78.2	83	74.6	82	75.0	75	68.1	68	60.8	61	54.9	54	54.6
		EO	71	72.7	85	75.2	86	75.1	75	67.1	69	59.9	58	53.0	55	51.1
		TSK	84	71.7	80	75.0	84	76.1	71	66.1	64	58.8	67	53.8	63	50.8
Occipital	O1-O2	EC	92	79.9	90	82.3	86	72.2	84	72.9	80	72.5	63	54.7	47	44.2
		EO	84	80.1	90	82.3	90	78.2	84	75.4	79	72.0	68	55.6	57	46.0
		TSK	88	77.9	89	82.1	89	79.7	83	75.3	80	71.8	76	57.9	70	50.6

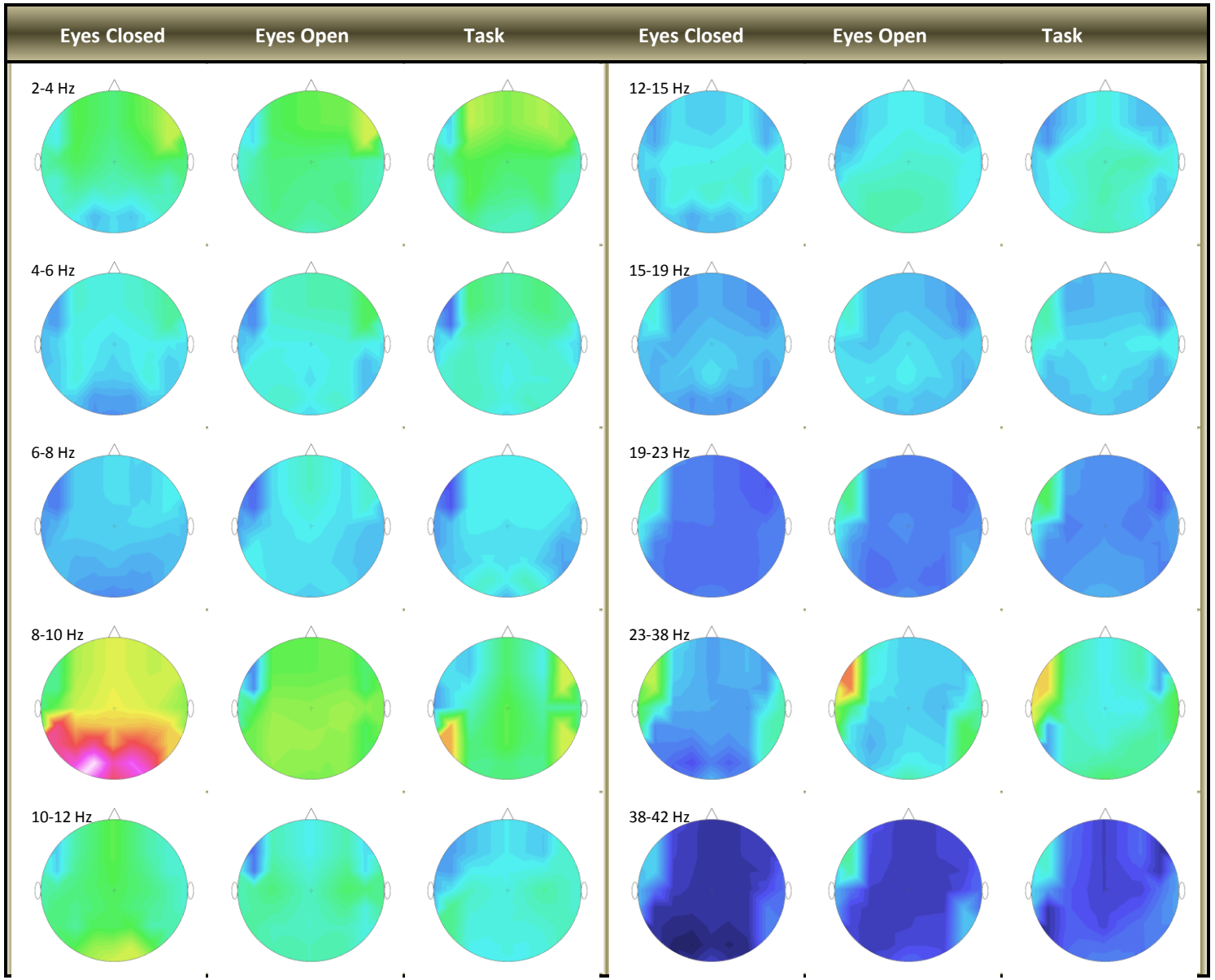
Connectivity

This page shows Coherence values (0-100) and the % of Phase Angle values that were between -30 and 30 degrees for the Eyes Closed, Eyes Open and Task conditions for each frequency band.

Low levels of slow wave coherence suggest the brain's inability to rest between tasks. High levels of fast wave coherence suggest difficulty processing or shifting. Low phase values may suggest Synchrony training.

Shaded sites (frontal and temporal) are expected to have low connectivity values due to their degree of separation.

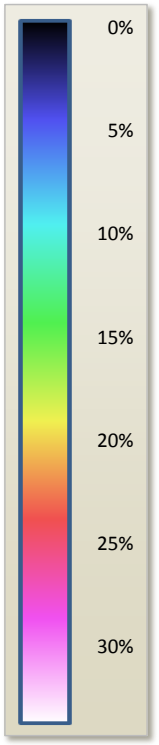


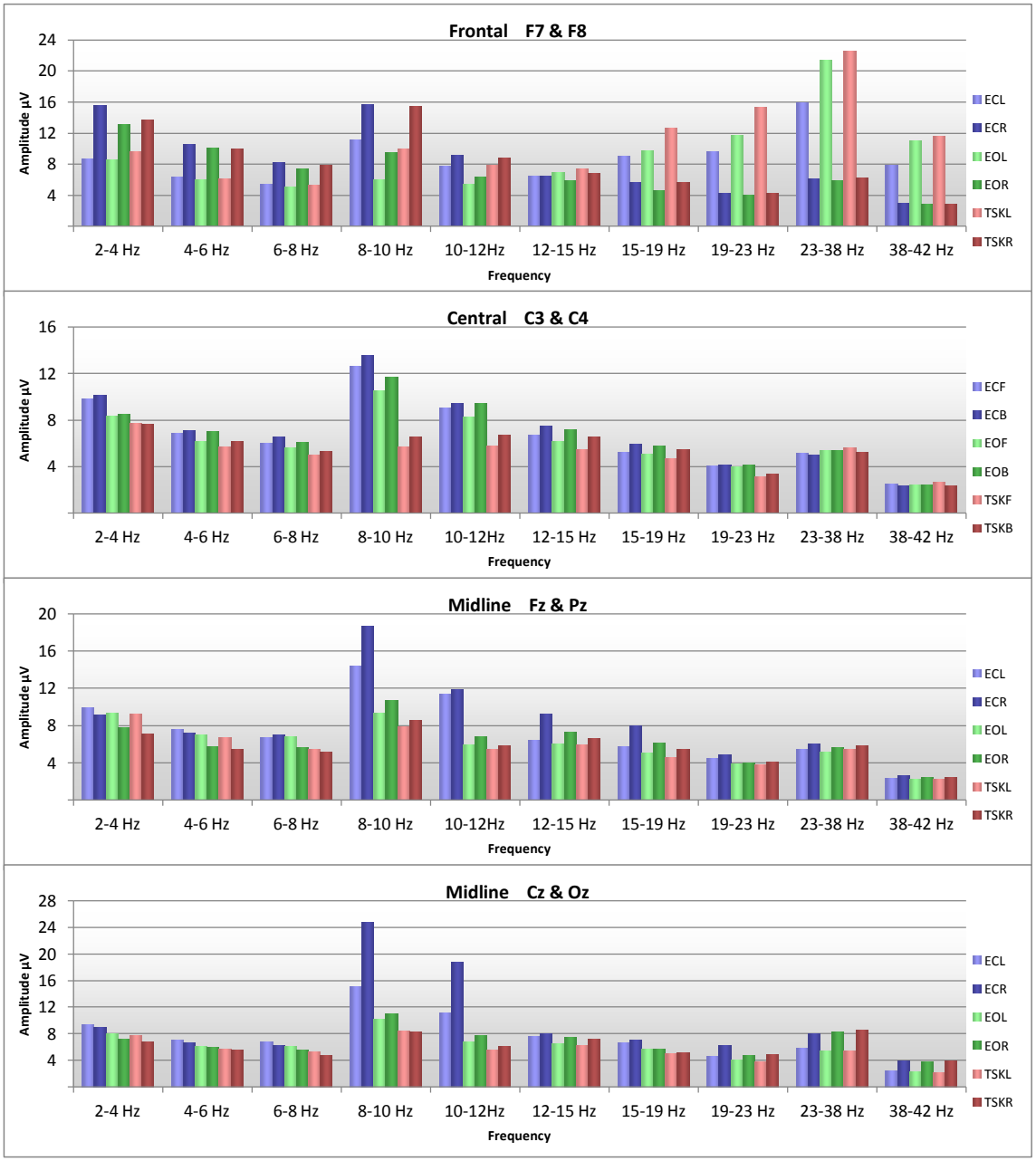


Maps

Images show relative value (percent of total EEG) for each frequency at all sites for eyes closed, open and task conditions. Higher percentages are shown in brighter colors.

Maps can be helpful in showing how activation patterns change from condition to condition or to identify sites which clearly differ from those around them.



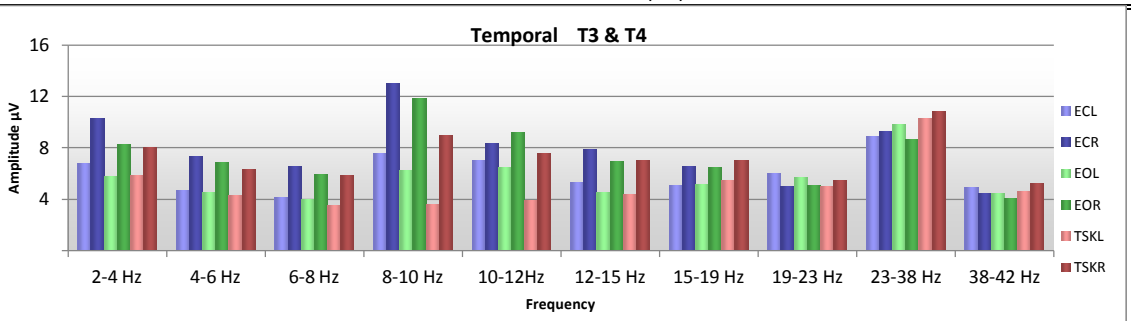


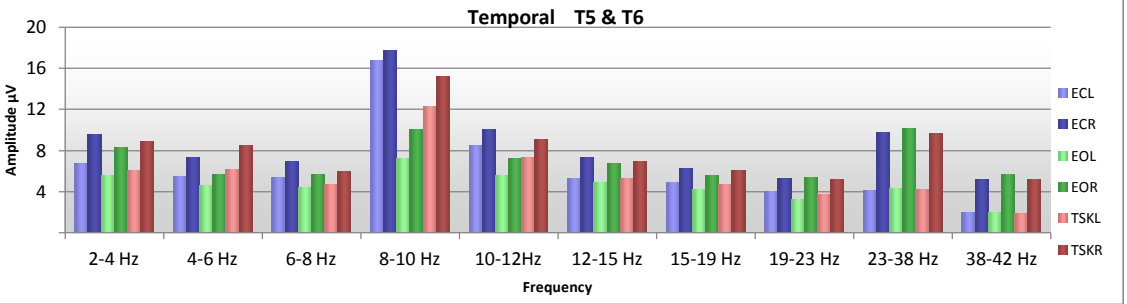
- ☑ Eyes Closed Left/Front
- ☑ Eyes Closed Right/Back
- ☑ Eyes Open Left/Front
- ☑ Eyes Open Right/Back
- ☑ Task Left/Front
- ☑ Task Right/Back

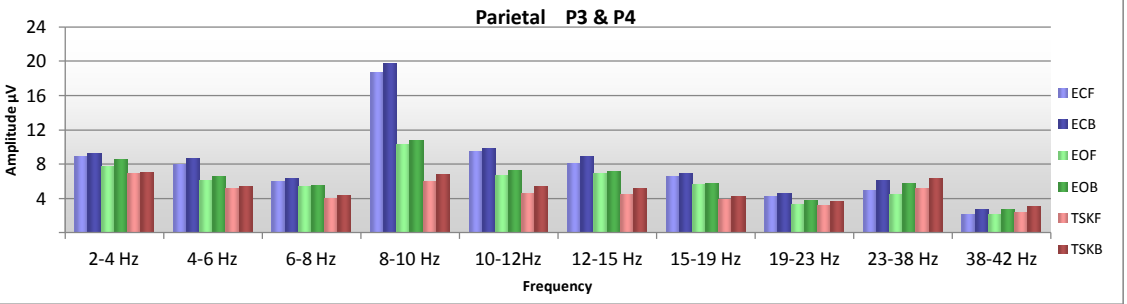
Absolute Distribution

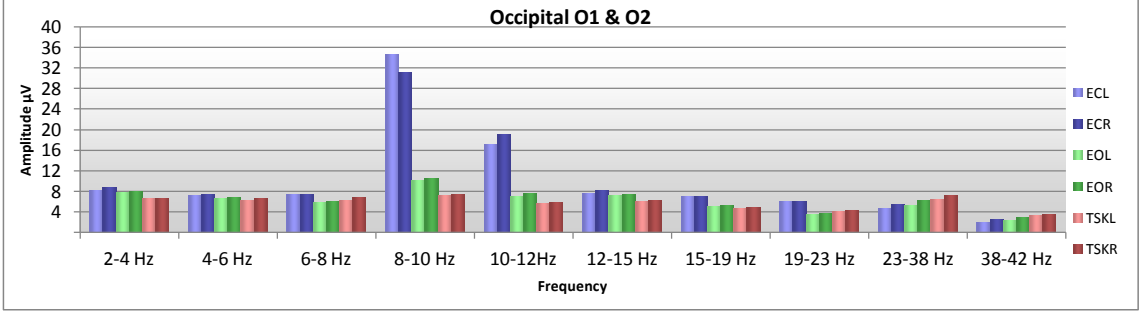
Histograms show absolute amplitude levels in each frequency at each site pair. By unchecking the boxes for Blue (EC), Green (EO) or Orange (Task), you can create specific views of variable activity.

Name: Amostra adulto **Age:** 48
Trainer: Amostra **Date:** 10/26/2015









- ☑ Eyes Closed Left/Front
- ☑ Eyes Closed Right/Back
- ☑ Eyes Open Left/Front
- ☑ Eyes Open Right/Back
- ☑ Task Left/Front
- ☑ Task Right/Back

Absolute Distribution

Histograms show absolute amplitude levels in each frequency at each site pair. By unchecking the boxes for Blue (EC), Green (EO) or Orange (Task), you can create specific views of variable activity.

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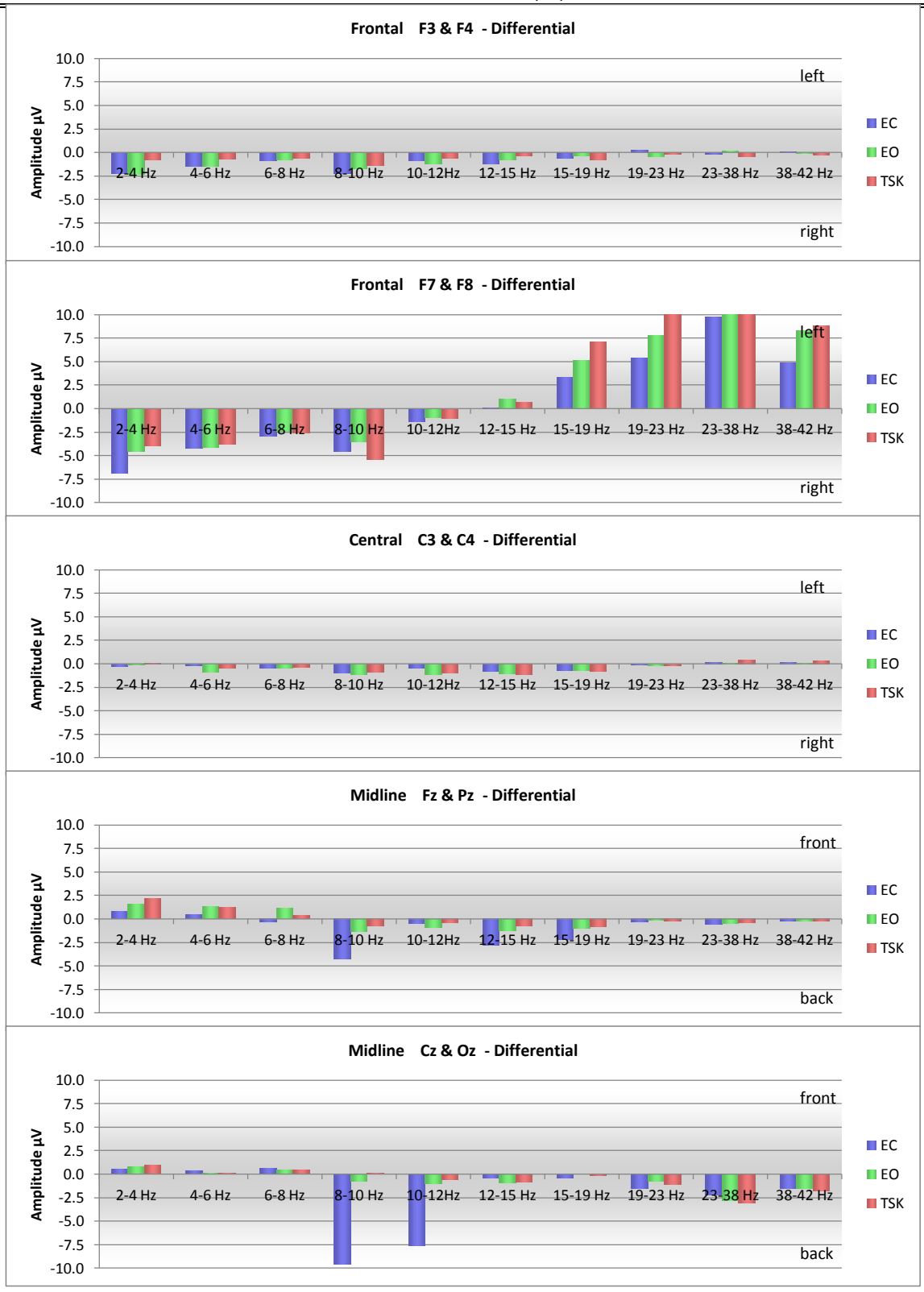

Eyes Closed

Eyes Open

Task

Symmetry

Histograms show amplitude difference by site and frequency. Small values indicate symmetry between the sites.

Large values suggest CH1 (large positive) or CH2 (large negative) is dominating.

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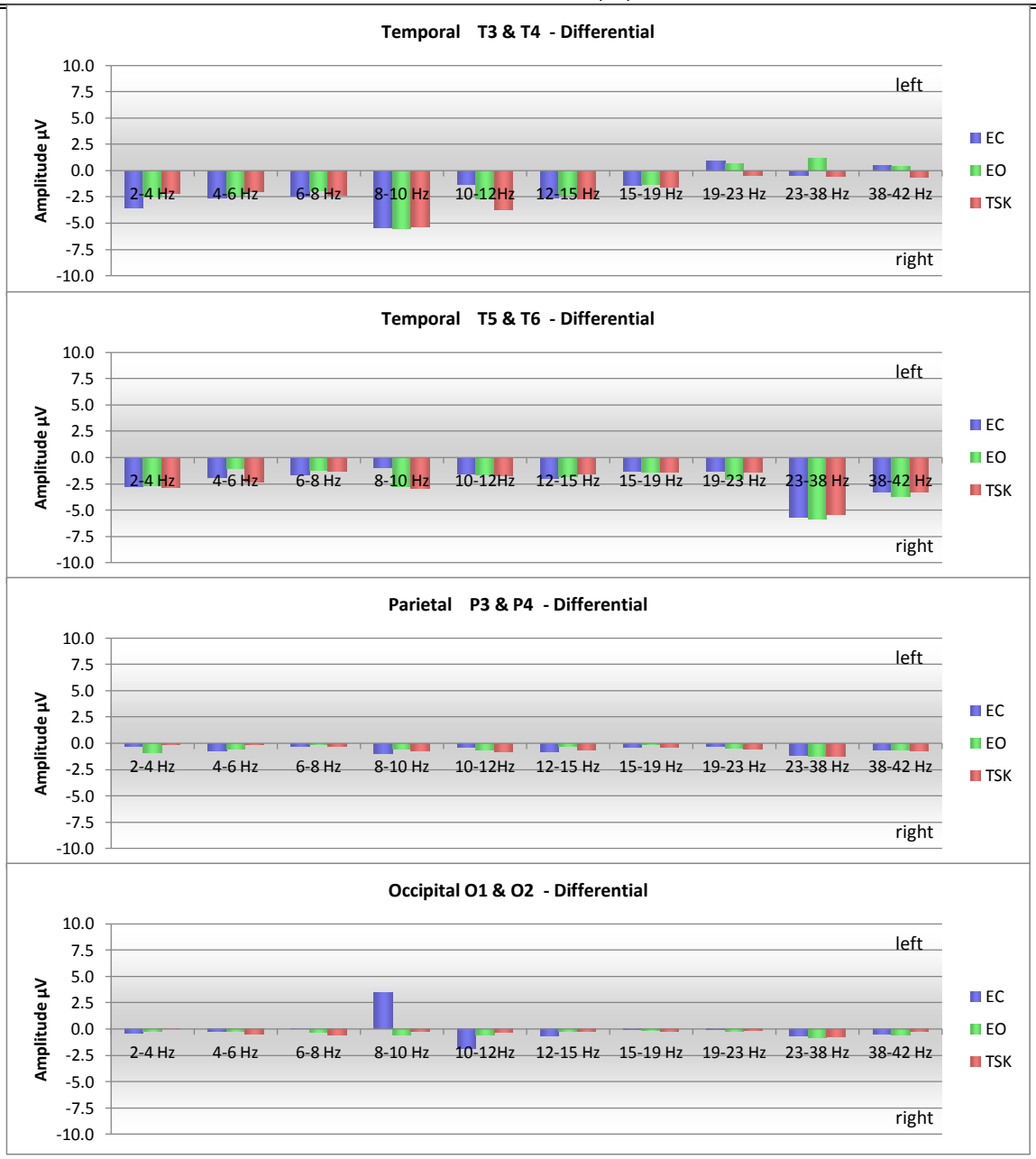
Trainer: Amostra **Date:** 10/26/2015



Eyes Closed

Eyes Open

Task

Symmetry

Histograms show amplitude difference by site and frequency. Small values indicate symmetry between the sites.

Large values suggest CH1 (large positive) or CH2 (large negative) is dominating.

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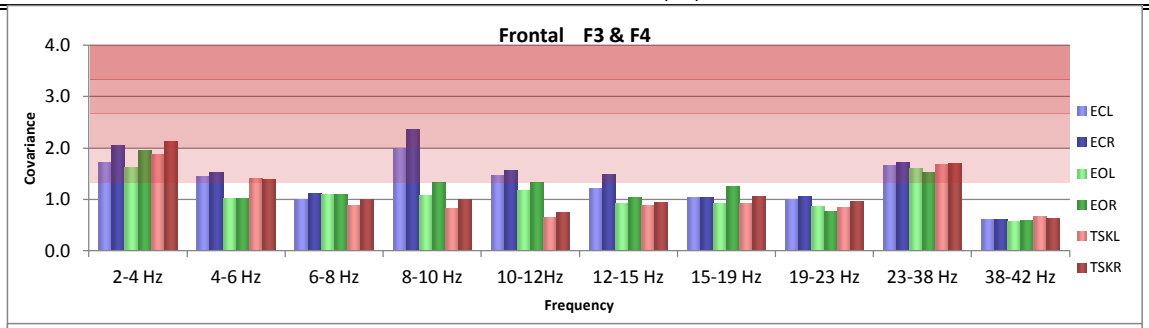
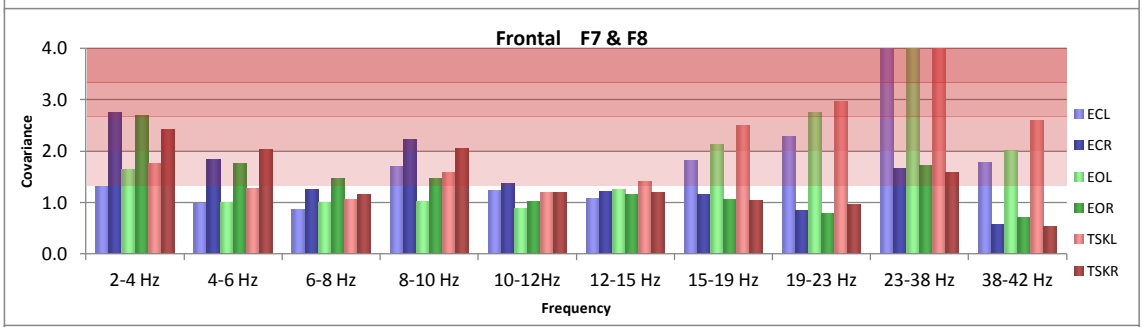
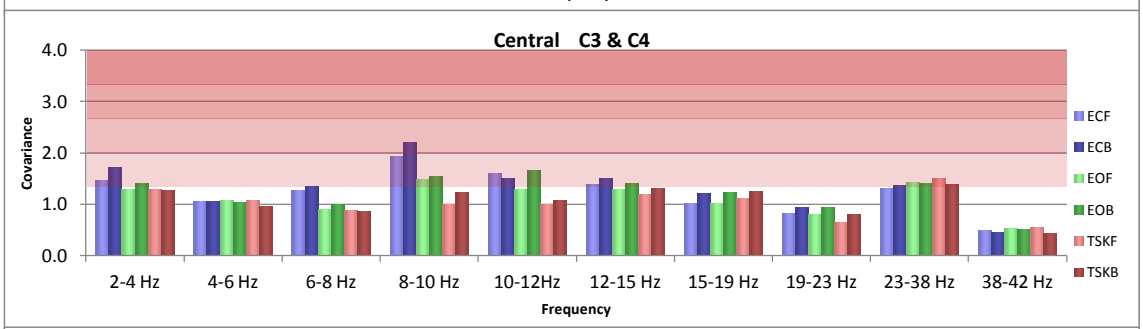
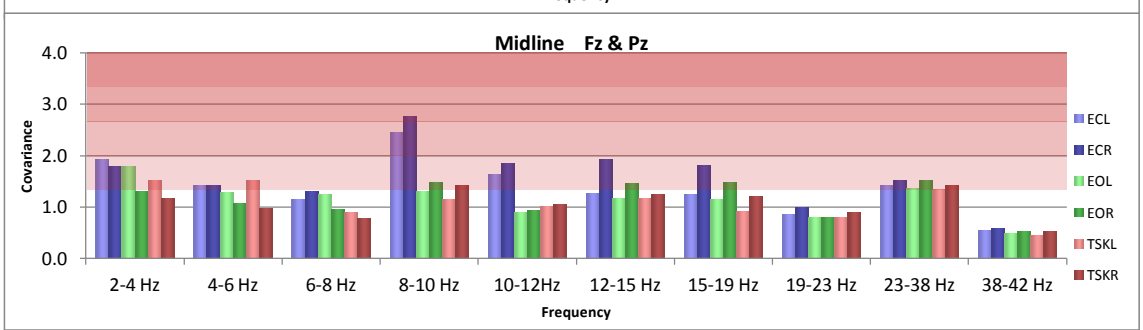
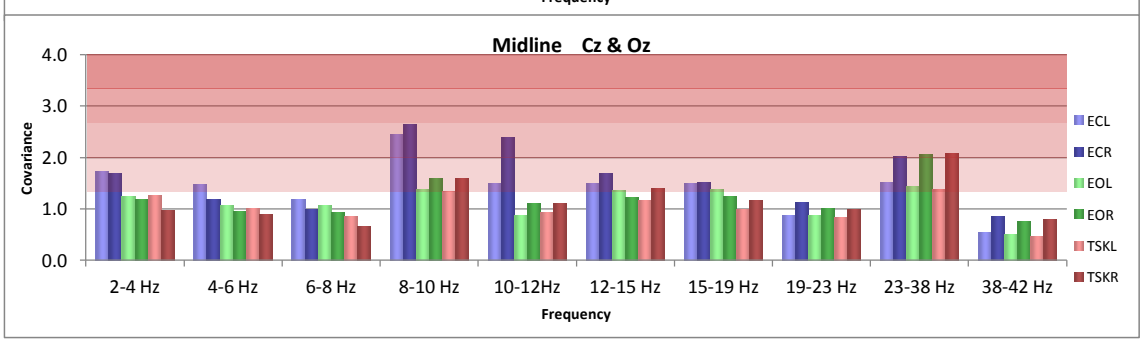
Trainer: Amostra **Date:** 10/26/2015

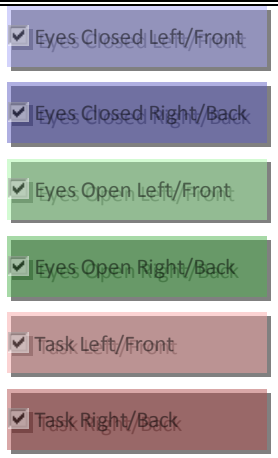












Variability

Histograms show Variance/Mean--a measure of the stability of the EEG signal by site and frequency. Values consistently below 1 may suggest excessive control; the higher values rise above 2 the greater the likelihood of diminished control or increased artifact.

Name: Amostra adulto **Age:** 48
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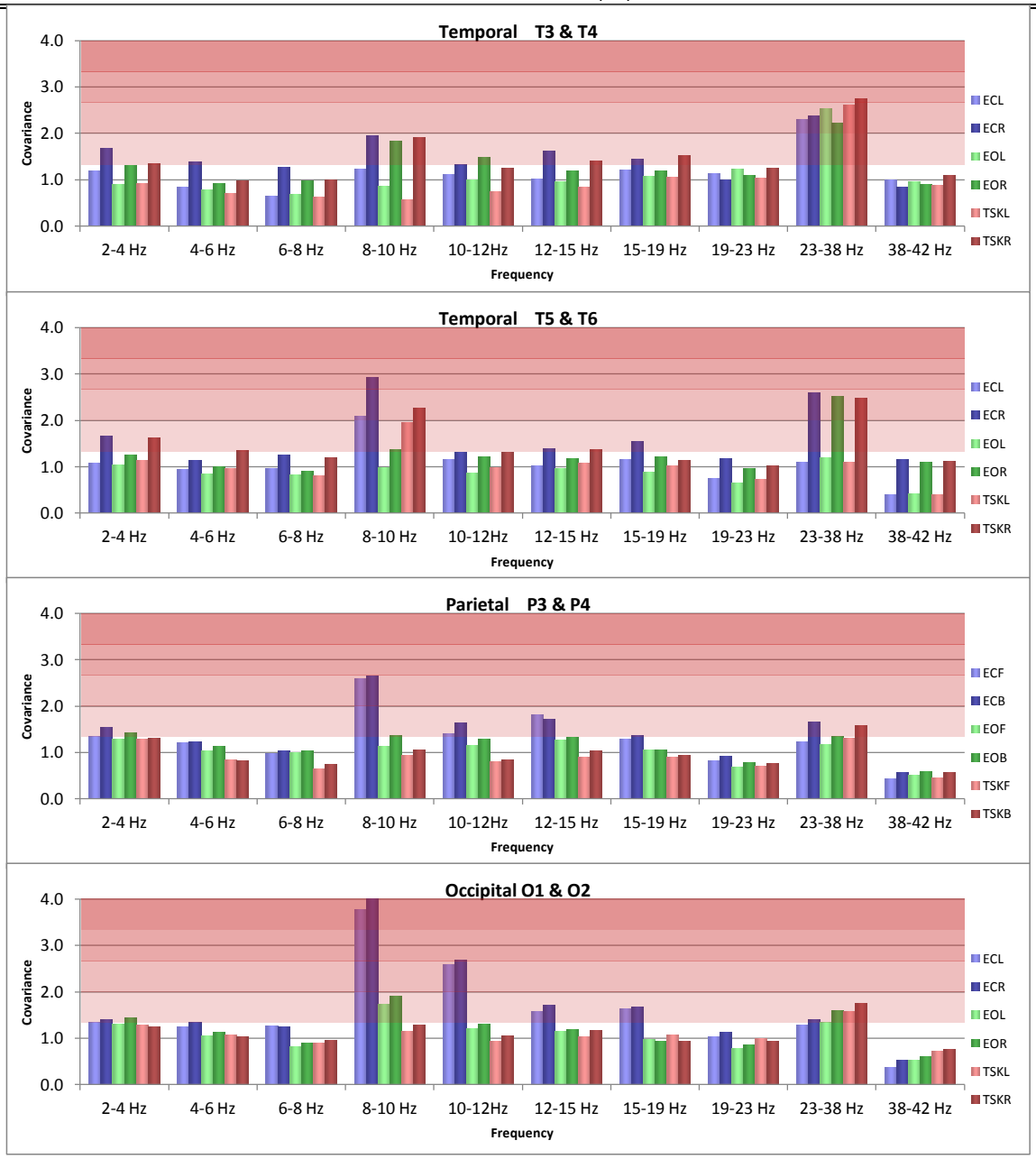

Eyes Closed Left/Front

Eyes Closed Right/Back

Eyes Open Left/Front

Eyes Open Right/Back

Task Left/Front

Task Right/Back

Variability

Histograms show Variance/Mean--a measure of the stability of the EEG signal by site and frequency. Values consistently below 1 may suggest excessive control; the higher values rise above 2 the greater the likelihood of diminished control or increased artifact.

Name: Amostra adulto **Age:** 48
Trainer: Amostra **Date:** 10/26/2015

Frequencies	
Delta (δ)	2-4 Hz
Theta (θ)	4-8 Hz
Alpha (α)	8-12 Hz
Low Beta (Loβ)	12-15 Hz
Beta (β)	15-23 Hz
High Beta (Hiβ)	23-38 Hz
Gamma (γ)	38-42 Hz

Head Amplitudes - Eyes Closed

F7	F3	Fz	F4	F8
8.7	10.7	9.9	13.0	15.5
8.6	10.6	9.6	12.2	13.6
13.8	15.1	17.8	17.3	18.4
6.5	6.6	6.4	7.8	6.5
12.7	7.7	8.2	9.0	8.0
15.9	6.4	5.4	6.5	6.2
7.9	2.9	2.4	2.9	3.0

T3	C3	Cz	C4	T4
6.7	9.8	9.4	10.1	10.3
6.2	9.2	9.5	9.8	10.2
10.5	15.6	18.4	16.6	15.1
5.3	6.7	7.6	7.5	7.8
7.8	8.0	9.6	9.0	9.7
8.9	5.2	5.8	5.0	9.3
4.9	2.5	2.4	2.3	4.4

T5	P3	Pz	P4	T6
6.8	8.9	9.1	9.3	9.6
7.8	10.1	9.6	10.7	10.2
19.1	20.9	21.5	22.2	20.7
5.3	8.0	9.2	8.8	7.3
7.3	9.8	11.8	10.6	9.5
4.1	4.9	6.0	6.1	9.8
2.0	2.1	2.6	2.7	5.2

O1	Oz	O2
8.2	8.9	8.7
10.2	8.7	10.3
38.4	29.5	36.4
7.6	8.0	8.2
10.6	10.7	10.9
4.7	8.0	5.4
2.0	3.9	2.4

Head Percentages - Eyes Closed

F7 %	F3 %	Fz %	F4 %	F8 %
9.8	15.0	13.4	16.1	18.4
13.3	19.4	19.3	20.1	22.2
21.4	29.9	34.5	30.2	29.3
7.4	9.2	8.6	9.7	7.6
21.1	13.4	13.8	12.3	11.7
18.1	8.9	7.3	8.1	7.3
8.9	4.1	3.2	3.6	3.5

T3 %	C3 %	Cz %	C4 %	T4 %
11.2	14.5	12.3	14.1	13.1
14.7	19.0	18.1	19.0	17.7
24.2	31.8	34.3	32.1	27.1
8.7	9.9	9.9	10.5	10.0
18.3	13.6	14.7	14.0	14.7
14.7	7.6	7.5	7.0	11.8
8.1	3.7	3.2	3.3	5.6

T5 %	P3 %	Pz %	P4 %	T6 %
10.7	11.6	10.8	11.2	11.2
17.1	18.1	16.8	18.0	16.7
40.1	36.6	36.1	35.6	32.5
8.4	10.4	10.9	10.7	8.5
14.1	14.1	15.2	13.8	13.5
6.4	6.4	7.1	7.4	11.4
3.1	2.7	3.1	3.3	6.1

O1 %	Oz %	O2 %
8.1	9.1	8.4
14.3	13.0	14.3
50.9	44.2	48.8
7.4	8.2	8.0
12.7	13.4	12.8
4.6	8.1	5.2
2.0	4.0	2.4

Name: Amostra adulto **Age:** 48
Trainer: Amostra **Date:** 10/26/2015

Frequencies	
Delta (δ)	2-4 Hz
Theta (θ)	4-8 Hz
Alpha (α)	8-12 Hz
Low Beta (Loβ)	12-15 Hz
Beta (β)	15-23 Hz
High Beta (Hiβ)	23-38 Hz
Gamma (γ)	38-42 Hz

Head Amplitudes - Eyes Open

F7	F3	Fz	F4	F8
8.6	8.4	9.4	10.7	13.1
7.3	8.8	9.8	10.2	11.9
8.3	10.9	11.2	13.0	11.8
7.0	5.4	6.0	6.1	5.9
14.0	6.7	7.4	7.5	7.3
21.4	6.1	5.2	6.0	5.9
11.1	2.7	2.2	2.8	2.8

T3	C3	Cz	C4	T4
5.8	8.4	8.0	8.5	8.3
6.0	8.4	8.6	9.3	8.8
8.7	13.5	12.2	14.9	14.8
4.6	6.2	6.5	7.2	6.9
7.4	7.3	8.2	8.3	8.9
9.8	5.4	5.4	5.4	8.7
4.5	2.5	2.2	2.4	4.1

T5	P3	Pz	P4	T6
5.6	7.7	7.8	8.6	8.3
6.5	8.3	8.2	8.8	7.9
8.9	12.2	12.6	13.1	12.3
4.9	6.9	7.3	7.2	6.7
6.2	8.0	8.8	8.3	8.6
4.3	4.5	5.7	5.7	10.2
2.0	2.1	2.4	2.7	5.7

O1	Oz	O2
7.7	7.2	7.9
8.9	8.2	9.2
11.3	12.9	12.1
7.1	7.5	7.3
7.7	8.7	7.9
5.3	8.2	6.1
2.3	3.7	2.9

Head Percentages - Eyes Open

F7 %	F3 %	Fz %	F4 %	F8 %
9.3	14.2	15.4	15.7	18.8
12.0	20.2	22.7	20.9	25.1
12.5	26.9	25.1	27.7	22.8
7.6	9.1	9.9	9.0	8.5
23.3	14.6	14.7	13.8	12.3
23.3	10.3	8.5	8.8	8.5
12.0	4.5	3.6	4.1	4.0

T3 %	C3 %	Cz %	C4 %	T4 %
10.2	13.5	13.1	12.5	11.3
15.0	19.0	19.8	19.4	17.4
22.5	30.3	27.8	31.2	28.7
8.0	10.0	10.7	10.7	9.4
19.1	14.6	15.9	14.7	15.7
17.3	8.7	8.9	7.9	11.9
7.9	4.0	3.7	3.6	5.6

T5 %	P3 %	Pz %	P4 %	T6 %
12.1	13.1	12.5	13.4	11.7
19.7	19.7	18.3	19.0	16.1
27.9	28.9	28.1	28.3	24.5
10.6	11.7	11.8	11.2	9.6
16.2	15.3	16.3	14.9	15.5
9.3	7.7	9.1	8.9	14.4
4.3	3.6	3.9	4.2	8.1

O1 %	Oz %	O2 %
12.8	10.7	12.4
20.5	17.1	20.1
28.3	27.8	28.3
11.8	11.1	11.4
14.1	15.5	13.8
8.8	12.2	9.6
3.8	5.6	4.5

Name: Amostra adulto **Age:** 48
Trainer: Amostra **Date:** 10/26/2015

Frequencies	
Delta (δ)	2-4 Hz
Theta (θ)	4-8 Hz
Alpha (α)	8-12 Hz
Low Beta (Loβ)	12-15 Hz
Beta (β)	15-23 Hz
High Beta (Hiβ)	23-38 Hz
Gamma (γ)	38-42 Hz

Head Amplitudes - Task

F7	F3	Fz	F4	F8
9.7	9.5	9.2	10.3	13.7
8.1	8.6	8.8	9.5	13.3
12.7	5.8	9.5	7.4	17.8
7.4	4.4	5.9	4.8	6.8
18.2	6.0	7.0	6.7	8.2
22.5	6.3	5.4	6.8	6.2
11.6	3.0	2.2	3.3	2.8

T3	C3	Cz	C4	T4
5.8	7.7	7.7	7.6	8.0
5.5	7.6	7.7	8.0	8.5
5.2	7.9	10.2	9.3	11.6
4.4	5.5	6.3	6.6	7.0
7.4	6.7	7.6	7.7	9.9
10.3	5.6	5.5	5.2	10.9
4.6	2.6	2.2	2.3	5.3

T5	P3	Pz	P4	T6
6.1	6.9	7.1	7.0	8.9
8.0	6.5	7.4	7.0	10.9
15.0	7.4	10.5	8.4	18.1
5.3	4.5	6.6	5.1	6.9
7.2	5.8	7.9	6.5	9.1
4.2	5.1	5.8	6.4	9.6
1.9	2.3	2.4	3.0	5.2

O1	Oz	O2
6.6	6.7	6.5
8.8	7.2	9.5
9.0	10.5	9.4
6.1	7.2	6.3
7.3	8.2	7.5
6.5	8.6	7.2
3.2	4.0	3.5

Head Percentages - Task

F7 %	F3 %	Fz %	F4 %	F8 %
8.9	18.3	16.3	17.8	16.8
10.5	23.6	21.6	23.3	21.9
16.4	16.7	23.4	18.3	29.8
6.9	8.5	10.4	8.2	8.3
25.9	14.9	14.8	15.0	12.1
20.8	12.2	9.6	11.7	7.6
10.7	5.8	3.9	5.6	3.4

T3 %	C3 %	Cz %	C4 %	T4 %
11.5	15.0	13.8	13.8	11.0
15.4	20.8	19.7	20.8	16.8
14.6	22.3	25.3	24.0	22.8
8.6	10.6	11.3	11.9	9.7
20.7	15.2	16.0	15.8	17.3
20.3	11.0	9.9	9.5	15.0
9.0	5.2	4.0	4.2	7.3

T5 %	P3 %	Pz %	P4 %	T6 %
10.7	15.1	12.6	13.7	11.0
19.3	20.2	18.8	18.8	18.0
34.8	23.2	25.5	23.7	30.1
9.4	9.8	11.8	10.0	8.6
15.0	15.3	16.8	15.4	14.0
7.4	11.3	10.3	12.4	11.9
3.3	5.1	4.3	5.9	6.4

O1 %	Oz %	O2 %
11.7	11.0	11.0
21.9	16.9	22.5
22.6	23.5	22.4
10.8	11.7	10.6
15.7	16.5	15.5
11.5	14.0	12.2
5.7	6.5	5.9

Name: Amostra adulto **Age:** 48

Trainer: Amostra **Date:** 10/26/2015

Position	Site	CND	Beta / Theta	SMR / Total	RATIOS: Alpha / Theta	RATIOS: High Alpha / Low Alpha	RATIOS: High Beta / Alpha	RATIOS: High Beta / Low Beta	Peak Frequency: Alpha	Peak Frequency: Beta	Peak Frequency: 2-38 Hz
Frontal	F3	EC	0.54	-	1.43	0.68	0.42	0.97	9.39	19.00	6.77
		EO	0.59	-	1.24	0.76	0.56	1.13	9.47	19.81	6.92
		TSK	0.49	-	0.68	0.97	1.08	1.45	9.92	21.95	3.57
	F4	EC	0.54	-	1.42	0.64	0.38	0.83	9.35	18.15	6.47
		EO	0.54	-	1.28	0.75	0.46	0.97	9.58	17.98	6.72
		TSK	0.50	-	0.78	0.86	0.92	1.43	9.52	21.34	3.74
Frontal	F7	EC	2.16	-	1.60	0.69	1.16	2.45	9.78	23.59	8.71
		EO	3.63	-	1.13	0.89	2.59	3.08	9.92	26.25	23.79
		TSK	5.10	-	1.57	0.78	1.78	3.03	9.89	24.53	18.85
	F8	EC	0.35	-	1.35	0.58	0.33	0.95	9.19	17.89	5.34
		EO	0.37	-	0.99	0.67	0.50	1.00	9.15	19.20	4.63
		TSK	0.38	-	1.34	0.57	0.35	0.92	9.17	17.71	6.29
Central	C3	EC	0.75	-	1.69	0.71	0.33	0.77	9.83	17.01	7.79
		EO	0.76	10.0%	1.60	0.79	0.40	0.87	9.62	17.43	7.80
		TSK	0.77	-	1.04	1.01	0.71	1.03	10.11	17.93	5.26
	C4	EC	0.84	-	1.69	0.70	0.30	0.66	9.77	16.68	8.12
		EO	0.81	10.7%	1.61	0.81	0.36	0.74	9.71	17.18	8.40
		TSK	0.92	-	1.15	1.02	0.57	0.80	10.21	16.59	6.49
Midline	Fz	EC	0.73	-	1.86	0.79	0.31	0.85	9.61	17.46	8.32
		EO	0.56	-	1.14	0.63	0.46	0.86	9.36	17.55	5.86
		TSK	0.64	-	1.07	0.69	0.57	0.92	9.38	18.38	5.94
	Pz	EC	1.50	-	2.24	0.63	0.28	0.65	9.60	16.64	9.52
		EO	1.17	-	1.54	0.64	0.45	0.78	9.45	16.84	8.12
		TSK	1.15	-	1.42	0.69	0.55	0.88	9.45	17.91	7.96
Midline	Cz	EC	1.03	-	1.94	0.73	0.31	0.76	9.49	16.97	9.06
		EO	0.91	10.7%	1.42	0.66	0.44	0.83	9.38	17.28	7.28
		TSK	0.96	-	1.32	0.66	0.54	0.87	9.35	17.89	7.13
	Oz	EC	1.49	-	3.38	0.76	0.27	1.00	10.07	18.88	10.07
		EO	1.12	-	1.58	0.71	0.64	1.10	9.55	20.93	8.94
		TSK	1.31	-	1.46	0.74	0.81	1.20	9.90	22.45	9.20
Temporal	T3	EC	1.59	-	1.70	0.93	0.84	1.68	10.03	23.68	7.95
		EO	1.53	-	1.45	1.03	1.12	2.15	9.84	23.99	10.08
		TSK	1.80	-	0.94	1.08	1.99	2.36	10.57	25.58	12.50
	T4	EC	0.90	-	1.48	0.64	0.62	1.18	9.54	19.77	7.13
		EO	1.02	-	1.69	0.78	0.58	1.25	9.66	20.09	8.68
		TSK	1.37	-	1.37	0.85	0.94	1.54	10.06	22.38	8.86
Temporal	T5	EC	0.88	-	2.45	0.51	0.21	0.77	9.47	17.32	9.15
		EO	0.90	-	1.37	0.77	0.48	0.88	9.62	17.05	7.49
		TSK	0.83	-	1.89	0.59	0.28	0.79	9.67	17.59	8.26
	T6	EC	0.87	-	2.03	0.57	0.47	1.34	9.47	22.74	8.97
		EO	1.18	-	1.55	0.71	0.83	1.51	9.39	26.71	8.27
		TSK	0.70	-	1.65	0.59	0.53	1.39	9.34	23.54	8.36
Parietal	P3	EC	0.93	-	2.07	0.50	0.24	0.61	9.37	16.91	8.88
		EO	0.91	-	1.46	0.65	0.37	0.65	9.37	16.23	8.02
		TSK	0.80	-	1.14	0.76	0.70	1.15	9.77	20.33	5.64
	P4	EC	0.97	-	2.06	0.50	0.27	0.69	9.38	16.90	8.64
		EO	0.89	-	1.48	0.67	0.44	0.80	9.60	17.24	8.07
		TSK	0.87	-	1.21	0.81	0.76	1.24	9.70	21.57	6.30
Occipital	O1	EC	1.08	-	3.76	0.50	0.12	0.62	9.85	17.39	9.88
		EO	0.75	-	1.28	0.70	0.47	0.75	9.55	17.25	7.74
		TSK	0.70	-	1.03	0.78	0.72	1.06	9.86	19.14	7.63
	O2	EC	1.11	-	3.54	0.61	0.15	0.65	9.92	17.22	9.96
		EO	0.74	-	1.32	0.72	0.51	0.84	9.65	18.02	7.93
		TSK	0.62	-	0.99	0.80	0.77	1.15	9.86	20.54	7.44

Comparatives

Provides comparative data (ratios and peak frequencies) for all measured sites by condition (eyes closed, open and task). These are not "normative" but "descriptive". Numbers in blue show under-activation; numbers in red show an overactive brain. Black numbers are as expected.

Low peak frequencies suggest under-arousal; high peaks suggest over-arousal.

very high
in range
very low

Whole-Brain Training Plan

Block 1 Training

Active	Reference	Protocol	State & Duration	Notes
F7 Fpz F8		nIR HEG (LIFE)	EO	EEG Sites: A1, A2, P3, P4, O1, O2, Fp2, T4, C4, F3, F7,
P3 P4 O1 O2	L(A1 A2)	BAL4C Alpha Beta	EC	
T4 C4	Fp2 T4	FRE2C IN (19-38) REW (2-6)	EO	
F7	F3	FRE1C IN (2-38)	EO	

Block 2 Training

Active	Reference	Protocol	State & Duration	Notes
F7 Fpz F8		nIR HEG (LIFE)	EO	EEG Sites: A1, A2, P3, P4, O1, O2, F3, F4,
P3 P4 O1 O2	L(A1 A2)	CON4C MBC Down	EC/EO	
F3 F4	L(A1 A2)	CON2C Gamma Up	EO	
F3 F4	L(A1 A2)	CON2C MBC Down	EC/EO	

Block 3 Training

Active	Reference	Protocol	State & Duration	Notes
F7 Fpz F8		nIR HEG (LIFE)	EO	EEG Sites: A1, A2, C3, C4,
C3 C4	L(A1 A2)	CON2C Gamma Up	EO	
C3 C4	L(A1 A2)	BAL2C Alpha Beta (Alpha)	EC/EO	
C3	A1	SMR%1C	EO	

Block 4 Training

Active	Reference	Protocol	State & Duration	Notes
F7 Fpz F8		nIR HEG (LIFE)	EO	EEG Sites: A1, A2, Fz, Pz, Cz, Oz,
Fz Pz Cz Oz	L(A1 A2)	CON4C MBC Down	EC/EO	
Fz Pz	L(A1 A2)	CON2C MBC Down	EC/EO	
Fz Cz	L(A1 A2)	FRE2C IN (2-6) REW (13-21)	EC/EO	

Block 5 Training

Active	Reference	Protocol	State & Duration	Notes
P4 or O1	A2 or A1	ALP1C Alpha Up	EC 10:00m	EEG Sites: A2, A1, P4, O1,
P4 or O1	A2 or A1	ALP1C Alpha Theta	EC 23:50m	

Executive Summary Report

1. Client Information

The following report regards Amostra adulto, a 48 year old female who presented for an assessment of brain activation patterns recorded by Amostra on 10/26/2015. The client grew up with her birth family and was the second of a total number of 3 siblings. There is a known history of traumatic events. The client has received 12 years of school education and she reported "trabalha em casa" as current occupation. The client is right handed. Use of recreational drugs is being reported by the client. There is no reported history of significant head injuries or seizure activity.

1.1. Medications

The use of psycho-active medications changes the playing field for brain training. The addition of chemicals to the brain with the goal of adjusting neurotransmitter levels may change patterns in the assessment. It also may artificially inflate the levels of specific neurotransmitters in the brain. Training often produces such chemical changes as a natural result of how the brain is now operating. The result can be that training may actually appear to produce negative results as levels of a brain chemical that was previously in short supply become excessive due to the combined effect of training and medication.

Working with medicated clients should only be done after gathering information on the symptoms of over-medication with each of the drugs being taken. A page with a list of each medication and its indications of over-dosage, is created and referred to throughout the training. As symptoms appear, the client's physician can be notified and can reduce medication levels as the brain itself takes over.

1.1.1. Medications reported as being taken at the time of the recording are listed below:

Antidepressants: 1

List of medications being taken: Sertralina

1.2. The client reported the following areas of significant difficulty:

Attention: 3 out of 4
Learning: 3 out of 5
Control: 4 out of 7
Sleep Disturbance: 3 out of 7

2. Data Quality

One site was found to be asymmetric: T5-T6
There are no excessive coherence values that would suggest muscle artifact.
Data is complete for all minimally required sites.
In summary, one potential quality issue was found. Check the data and see if there is an impact on the TLC training plan.

3. Assessment Findings

3.1. Brain Activation Patterns

The human brain can be considered to be a complex chaotic network, with trillions of signals passing through it at any moment as groups of neurons fire together. In resting states, large areas of the cortex are synchronized with older areas of the brain which produce slower rhythms. In task situations, local groups work independently with faster rhythms produced in the cortex. They also communicate with other groups, at various distances and locations to cooperate on tasks and share information.

The cortex, like most chaotic systems, tends to evolve certain "habits" in how it acts and responds to inputs. These "stable activation patterns" form the basis for much of how we act, feel, learn and perform. They can have an impact on stress responses and how our bodies operate as well. Brain training focuses on identifying—and changing—such habits when they are no longer effective. The goal of training is not necessarily to change brain patterns but to increase the range of options, flexibility in shifting up and down the scale and capacity to sustain patterns long enough to perform tasks.

Results of training the middle-frequency patterns related to awareness and presence—the resting-ready observer state—can often be measured over the course of training. Peak frequency, blocking alpha at task, etc. may show stable changes from beginning to end of training. But coherence, frequency and balance training are not about removing a pattern but about improving access to additional ones. The client's steady-state may change little, but what he can do and in what situations can change significantly.

The following are the findings of this assessment in the areas of brain energy levels (Frequency Patterns), their distribution within the brain (Symmetry Patterns) and the ability of cortical areas to operate independently and to share information efficiently (Connectivity Patterns).

Where a brain pattern is found, the areas are identified, and the effects these patterns may have on mental/physical states are stated. The Whole-Brain Training Plan produced in this assessment is a recommended set of where and what to train to help break up identified "energy habits" and allow the brain to establish a new, more functional set.

3.2. Frequency Patterns

Cortical neurons fire at different speeds (frequencies), which represent different energy levels. Fast-dominant brains continue firing at working speeds, even when there is no work to do, wasting energy; slow-dominant brains are unable to activate to perform cortical tasks for very long. Frequency patterns show us the ability of the brain to idle when appropriate and to activate necessary areas when there is a task.

3.3. Additional patterns

While this brain is dominated by no particular frequency range the following patterns were found which are commonly associated with a slow and a fast dominant brain:

3.3.1. Low overall peak frequency

Overall peak frequency is a measure of general brain speed. Low peaks indicate a dominance of slow frequencies. This is consistent with difficulties in maintaining external focus, difficulty with detail and language processing, potentially depressed, low energy affect. This brain shows slow peak frequencies at ***all sites*** *.*

3.3.2. High Theta/Beta ratios

Theta/beta ratio measures the relationship between sub-conscious and conscious processes. High ratios show dominance of Theta (access to the subconscious) and can correlate with internal focus of awareness, image-based processing at the expense of language-based, intuitive thinking rather than logical/sequential and difficulty with details. This brain shows these patterns at ***F3*** *and* ***F8*** *.*

3.3.3. High beta peak frequency

Beta operates in several bands, including 12-15Hz, 15-19Hz, 19-23Hz and 23-38Hz. This fastest group is not generally functional; it is more related to hyper-vigilance and trauma-based fear. High beta peak frequencies indicate a greater share of hibeta. Fast beta peaks are shown at ***F3*** *,* ***F7*** *,* ***F8*** *,* ***Oz*** *,* ***T3*** *,* ***T4*** *and* ***T6*** *.*

3.3.4. Low Theta/Beta ratios

Theta/beta ratio measures the relationship between sub-conscious and conscious processes. Low ratios show dominance of Beta (conscious) and can correlate with stress, anxiety, sensitivity, thinking-over-feeling. This brain shows these patterns at ***F7*** *,* ***C4*** *,* ***Pz*** *,* ***Cz*** *,* ***Oz*** *,* ***T3*** *,* ***T4*** *,* ***T5*** *,* ***T6*** *,* ***P3*** *,* ***P4*** *,* ***O1*** *and* ***O2*** *.*

3.4. Alpha Patterns

Alpha (8-12 or 9-13 Hz) is perhaps more accurately a dance between two different frequency bands. Slow alpha—8-10 Hz—is produced by one set of rhythm generating nuclei in the thalamus. When it dominates, it is an almost-hynogogic state. Fast alpha—10-12 Hz—is produced by other thalamic nuclei. It is more of an awareness state, presence in the moment, mental stillness.

Alpha is a crucial brain frequency, since it is consistent with the ability to idle, reducing energy demands in a resting-ready observer state. It can also be considered the bridge between conscious and sub-conscious minds, linking the thinking brain with the feeling/remembering brain. It allows the brain to perform routine tasks in auto-pilot mode, and in tasks over which the brain has mastery, synchronous alpha is related to peak performance “flow” or “zone” states.

Alpha is evaluated based on its location, its responsiveness, its peak and its synchrony.

3.4.1. Alpha Location

Alpha is expected be stronger in the rear of the brain than the front and stronger over the right hemisphere than the left. Disturbance of these relationships is identified in a training category called Alpha Asymmetry which is correlated with a number of issues of mood and executive function.

3.4.1.1. Asymetric Alpha

This brain shows Alpha asymmetry patterns at ***F3/F4*** *,* ***C3/C4*** *,* ***T3/T4*** *,* ***T5/T6*** *,* ***P3/P4*** *,* ***O2/O1F8/T6x*** *,* ***F3/P3x*** *,* ***F4/P4x*** *and* ***Fz/Pzx*** *. For further details see the Symmetry Patterns section.*

3.4.2. Alpha Responsiveness

Alpha is expected to dominate eyes-closed frequencies, especially in the rear of the head. With eyes open or at task, alpha levels are expected to fall 30-50%. Failure to produce alpha with eyes closed is often consistent with anxiety, inability to “turn off” the mind, eventually with fatigue or low-energy states. Inability to block alpha in eyes open/task conditions often correlates with spacy, un-motivated, foggy mental processes and low energy. It can be seen as an emotional “anesthesia”.

3.4.2.1. Poor Alpha Blocking

Poor alpha blocking is found at posterior site(s) ***Pz*** *,* ***Oz*** *,* ***T5*** *,* ***T6*** *,* ***P3*** *,* ***P4*** *,* ***O1*** *and* ***O2*** *. This is consistent with sensory processing issues, difficulty with math, may be clumsy.*

Poor alpha blocking is found at anterior site(s) ***F4*** *,* ***F7*** *,* ***F8*** *,* ***C3*** *,* ***C4*** *and* ***Cz*** *. This is consistent with fogginess, low-energy and reduced motivation, a tendency to float through life and being cut off from emotions.*

3.4.3. Alpha Peaks

Alpha peak frequency is a measure of the balance between slow and fast alpha frequencies. It is the alpha frequency at which amplitude is highest—an important central frequency of brain operation. For adults the peak is expected at 10 Hz, which represents a balance between fast and slow alpha. This frequency is correlated with “semantic memory”, the ability to recall words, and with working memory.

Children of 8 may have an alpha peak around 8 Hz. The peak tends to speed up to around 10 by mid-teens. It is common to see a slowing of the alpha peak with aging. Peaks down in the 8-9 Hz range are very slow and are consistent with dementia. Alpha peaks in the rear of the brain may be higher than 10, which may correlate with improved working memory and improved performance on IQ tests. Frontal alpha peak frequency above 10 Hz often relate to anxiety and feeling

driven.

3.4.3.1. Low Alpha Peak Frequency

*Low alpha peaks are found at posterior **Pz T5 T6 P3 P4** . This is consistent with low energy levels, reduced working memory, sleep disturbances.*

*Low alpha peaks are found at anterior **F3**, **F4**, **F8**, **Fz**, **Cz** and **T4**. This is consistent with low motivation, difficulty with word-finding, mental fogginess, reduced working memory.*

3.4.4. Alpha Synchrony

Alpha is not produced in the cortex. Rhythm generating neurons in sub-cortical areas in the center of the brain are the unique sources of slow and fast alpha. They broadcast their signals all the time, and specific pools of neurons not currently activated—or de-synchronized—can resonate to their signals.

A single signal from a single source would be expected to be expressed in different areas consistently. If transmission is not interrupted, the pulse at one site should be synchronous with that at other sites. If it is not, there may be damage in a brain area that disrupts the transmission. Or the brain may be overly excited, with areas bursting randomly into cortical beta speeds when no task is present, disturbing synchrony.

This brain does not display low levels of alpha connectivity.

3.5. Midline

The sagittal line separates right and left hemispheres. Its frequency pattern may differ from them because a structure called the cingulate gyrus runs beneath it from the front to rear of the brain. This line contains the anterior cingulate, the vertex and the default-mode network.

This brain does not show significant midline patterns.

3.6. Symmetry Patterns

Different geographical areas of the brain appear to work best with specific frequencies based on whether their work is integrative or processing. The left hemisphere produces a brighter, more positive view of experience—it approaches life. It handles routine operations and produces a more focused, detailed picture. The right hemisphere sees things more negatively, in terms of risks—tends toward avoidance. It is involved in responding to novel situations and produces more of a focus on context.

The rear of the brain receives and integrates sensory information from senses into a unified, constantly changing picture of experience which is sent to the prefrontal cortex. The front of the brain processes this material and organizes actions.

Asymmetries between front vs. rear and left vs. right sites for levels of integrative (alpha) and processing (beta) frequencies can correlate with a variety of mood and performance issues.

3.6.1. Left slower than right hemisphere

*The left hemisphere is expected to be more activated than the right, but in this brain it is less activated. This may result in difficulty setting up and maintaining routines, lack of attention to outside experience. Language processing may be weak. Tendency toward low energy and depressive feelings. The following sites show this pattern: **C3/C4**, **T5/T6**, **P3/P4** and **O1/O2**.*

3.6.2. Left hemisphere alpha dominance

*This brain shows alpha greater on the left. This correlates with depressed mood, negative view of experience, perhaps difficulty with language processing. The following sites show this pattern: **F3/F4**, **C3/C4**, **T3/T4**, **T5/T6**, **P3/P4** and **O2/O1**.*

3.6.3. Front slower than rear

Frontal lobes should include the most activated areas of the brain, since they perform executive functions. Posterior brain areas receive sensory information, link it with previous experience and integrate the various sources. Middle and lower frequencies are useful.

*This brain has a front/back reversal because of low frontal activation. Issues with motivation, attention and other executive functions would be consistent with this pattern. Difficulty with processing, making decisions and critical thinking might appear. The following sites show this pattern: **F8/T6**, **F3/P3**, **F4/P4** and **Fz/Pz**.*

3.6.4. Frontal alpha dominance

Frontal alpha reversals can be the result of higher than expected levels of alpha in the front or low levels of alpha in the rear of the brain.

*This brain shows high frontal alpha levels. This can correlate with depressed mood, a tendency to drift instead of engaging, difficulty maintaining focus, poor working memory and disorganization. The following sites show this pattern: **F8/T6**, **F3/P3**, **F4/P4** and **Fz/Pz**.*

3.7. Spike Patterns

3.7.1. HiBeta spikes

*Dominant bursts of the hibeta frequency found with eyes open and closed at the same site—are often found found on the side of the brain. Hibeta is a hyper-vigilance state, often related to traumatic experience. Training can balance the two sides or reduce extreme over-activation at the spike site.This brain shows Hibeta Spikes at **F7**.*

3.8. Connectivity Patterns

Brain functions generally involve activation of specific areas, which operate independently and share information

efficiently. Between functions brain areas should ideally shift into lower activation states so as not to waste energy. The ability to rest between (and during) tasks, to activate and function independently and to cooperate efficiently are determined by measures of connectivity: Coherence (the stability of a linkage) and phase (the timing of the linkage) in various frequencies. The combination of coherence and phase is known as Synchrony. Depending on the state and frequency, these values should be higher or lower.

3.8.1. Excessive synchrony

In working states, cortical areas produce faster beta frequencies which are expected to appear locally in the area performing a task. Unless two sites being measured are working together on a task, synchrony in fast frequencies should be low. When it is found to be high, it is first important to verify that there was not significant muscular tension present during the recording, which can create artifactual high fast-wave synchrony.

This brain shows high fast-wave synchrony at the following site pairs:

***F3** and **F4** which can be related to mental rigidity or obsessiveness, perhaps to anxiety.*

***C3** and **C4** which can be related to excessive physical awareness or rigidity, perhaps difficulties with fine-motor coordination. It is not uncommon to see physical anxiety (panic attacks, migraines, irritable bowel).*

***P3** and **P4** which can be related to either difficulty in processing or extreme sensitivity to touch, difficulty with math processing, problems with awareness of self in physical space.*

***O1** and **O2** which can be related to either difficulty in processing—or extreme sensitivity to—light and visual stimuli, sleep disturbances, headaches.*

3.9. Sensory-Motor Rhythm Patterns

The frequency band above alpha (12-15 or 12-16Hz—often centered on 14 Hz) is considered to be the lowest cortically-generated frequency—low beta or beta1. However, when it is found in the sensory-motor cortex (the central strip running across the brain's front-back midpoint from side to side), it is called Sensory-Motor Rhythm (SMR).

The sensory-motor cortex bridges the separating line between the front (motor) and the rear of the brain (sensory), In this area, sensory and motor information can be linked. It may also be a major site of mirror neurons, which appear to be related to empathy. It is heavily connected to both sensory screening (thalamus) and motor screening (basal ganglia) brain systems.

*This client's SMR is below the 10-12% target at **C3** with eyes open. The lower the levels at the sensory-motor sites, the more likely one or more of the following problems will be present;*

3.9.1. Sleep-onset insomnia

Bursts of SMR during sleep onset are called "sleep spindles". Low SMR levels are often related to sleep-onset insomnia, bruxism and restless sleep.

3.9.2. Physical hyperactivity

SMR has been shown to relate to physical relaxation and control. Poor handwriting, fidgetiness, impulsivity, distractibility and motor coordination issues are common symptoms.

Circadian rhythms and hormonal/endocrine functions have responded to training to increase SMR levels.

3.10. Sleep Issues

Although some long-standing sleep problems—especially when complicated by the use of medications to assist in sleep—can take longer to resolve, improved sleep is often an early response to training. Where possible, improving sleep should be a high priority for all training, since it can often help to resolve a high percentage of other issues as well.

Exploring sleep should be an important part of the initial interview with the client. If this was done carefully, this report will include paragraphs on each identified issue and it will tell whether or not the expected brain pattern is present.

This brain shows the following sleep-related pattern(s):

3.10.1. Sleep-onset Insomnia

Does the client go to bed at a reasonable hour and generally fall asleep within 10-20 minutes? This can be related to either of 2 patterns.

Low levels of SMR in the sensory-motor cortex, keep the brain from shifting from drowsiness to physical sleep. Often unsettled or active sleepers; may grind their teeth or have restless legs in bed.

Fast right-rear quadrant with anxiety can also block sleep onset.

3.10.2. Frequent Awakening (light sleep)

Does the client wake up several or multiple times during a night—often not feeling rested at the end of sleep? This can be related to a fast-dominant brain. The sleeper rises into REM but produces so much beta that he awakens. Often these are brief, and the client can sleep easily again, but the blocking of dream sleep may result in fatigue and frustration.