



SLEEP ONSET INSOMNIA SUITE

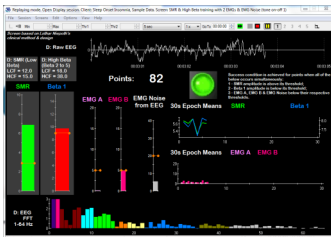
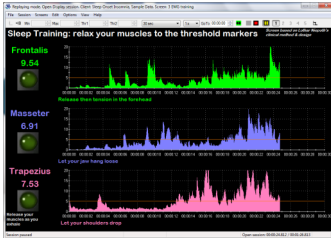
LOTHAR NIEPOTH, DIPL.-PSYCH.



Limited Edition Software Suite

The Sleep Onset Insomnia Suite is based on the clinical experience and design of Lothar Niepoth, Dipl.-Psych., the president of the German Biofeedback Society and psychotherapist in private practice in Munich. Mr. Niepoth has graciously given permission to the Biofeedback Federation of Europe, thanks to the help of Gerda Neuwirth, to modify the software for presentation. This software package is of benefit to clinicians and therapists that want a simple methodology to use with clients that suffer from sleep onset insomnia. The suite uses surface electromyography biofeedback with incorporations of neurofeedback to treat the client's issues of either not relaxing their muscles or not quieting their mind to allow for falling asleep. Monitoring of additional modalities is also available, should the trainer desire to do so. The suite includes:

- Two main screen designs, with several variations of feedback sounds, to keep the software simple for the trainer and client. One screen focuses on muscle relaxation and the other focuses on quieting the mind with EEG. Percentage counters and "points" enable tracking relaxation success.
- "Quick Starts" that make session initiation only take a few seconds.
- Optional monitoring of additional modalities for respiration, heart rate, skin conductance and temperature.
- Suite documents - which include of a concise software manual, with methodology, and sample client data - are included with the software download.



Education & Training Opportunities

At the time of the creation of this document, the BFE does not yet offer any online lessons/meetings with regards to this suite. However, very soon the below options will be possible. Note: all sessions provide continuing education (CE) credits to psychologists

- **1-Hour Introduction to the Sleep Onset Insomnia Suite Webinar:** Jon Bale, BFE Research Manager, reviews the software and documents included in the "Sleep Onset Insomnia Suite" from assessment forms to training. The webinar covers the following items; authors, goals of the suite, necessary equipment, sensors & accessories, shoulder and facial relaxation training and EEG relaxation training.
- **6-Hour Sleep Onset Insomnia Class:** four 90-minutes session of online instruction from a qualified instructor on treating clients with sleep disorders. This class is well suited for beginners or experienced practitioners that want to make use of the Sleep Onset Insomnia suite methodology in their practice. All aspects of using the software will be covered in great detail, and recorded data will be reviewed to ensure proper recording. Interpretation of data by the instructor will occur, however focus is maintained of being able to successful use all aspects of the software and equipment.

If you are interested in arranging other types of qualified instructor-guided lessons, then please contact the BFE Shop (shop@bfe.org) to make such arrangements.



For more Information or Questions: To purchase the suite and/or education & training, go to the BFE Shop:

bluesleepinsomnia@gmail.com

www.bfe.org/buy



BioGraph Infiniti Software

BioGraph Infiniti Software is the core of all current and future Thought Technology biofeedback and psychophysiology products. It provides a multimedia rich graphical experience, while capturing and analyzing raw data. It includes all the features and functions required to run our specialized Sleep Onset Insomnia Suite and offers the ability to customize your own screens using the Developer Tool. The suite functions with **BioGraph Infiniti version 6.0.1**, and is designed to provide full compatibility with the latest Windows 8 operating system.



Choose the Encoder to Meet Your Needs

You only need one of the encoders and its associated sensors to run the software:

- **ProComp Infiniti encoder** is the eight-channel, multi-modality encoder that has all the power and flexibility you need for real-time, computerized biofeedback and data acquisition in any clinical setting.
- **ProComp 5 encoder** is similar to the ProComp Infiniti, however can only record up to 5 channels of data simultaneously.



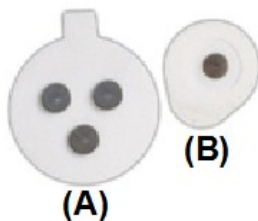
Select Sensor Measurements for Collecting Data with Encoder

This list consists of the all sensors necessary for running the Sleep Onset Insomnia suite:

- **MyoScan-Pro sensors (x3)** are pre-amplified surface electromyography sensors for measuring muscular tension. Disposable electrodes must be purchased in order to use these sensors.
- **EEG-Z sensor (x1)** are pre-amplified electroencephalograph sensor with built in impedance checking, for measuring brainwaves. An **EEG monopolar/bipolar kit with DIN cable** is also necessary to use this sensor.

Optional additional sensors:

- **Respiration sensor (x1)** are durable, latex girth belt for monitoring respiration rate, waveform and amplitude sensor.
- **BVP sensor (x1 ProComp Infiniti encoder only)** is a blood volume pulse detection sensor (otherwise known as a PPG sensor) housed in a small finger worn package, to measure heart rate & heart rate variability.
- **Skin Conductance sensor (x1 ProComp Infiniti encoder only)** measures the conductance across the skin, and is normally connected to the fingers.
- **Temperature sensor (x1 ProComp Infiniti encoder only)** measures skin surface temperature between 10°C – 45°C (50°F - 115°F).



Disposable Electrodes for Sensors

Disposable electrodes are required for using the MyoScan sensors. The sensors have two potential electrode placement types, so there are also two types of electrodes for purchase. The **triode** (A) disposable electrode is used for narrow placement and the **unigel** (B) for wide electrode placement.

Additional Computer Setup Information

The software suite allows (but does not require) for a dual-monitor setup for training clients. Purchase of a second monitor is required if the user wishes to take advantage of that option.

