

Required Preparation for qEEG Brain Mapping

Please read carefully.

On the day of the brain mapping session:

- Shampoo your hair and have it dry upon arrival.
- Do not use conditioner or other hair products on your hair.
- Avoid caffeine the morning of your appointment.
- Eat a high protein meal prior to your appointment.
- Delay taking any medications or supplements till after the session if you can safely do so, as it will provide more accurate data.
- Avoid drinking alcohol or taking recreational drugs on the day/evening prior to the mapping.
- Get a full night's rest (7-8 hours) the night before the testing. If sleep is problematic for you, I understand that this might not be an option. If this is the case, please no added concern about length of sleep.

The brain mapping session should take between 1 hour and 1.5 hours. Once we have completed the session, you will want to return home and wash your hair. It will have gooey EEG gel in it. Some clients bring a hat to wear home. This is only the case for the brain mapping session and you will not need to do this after a typical neurofeedback training session.