



TIPS FOR GOOD SIGNAL QUALITY



Is your battery charged?

Make sure you start your session with at least 50% capacity.



PUT ON YOUR EEG DEVICE

- Let the sensors warm up on your skin
- Adjust your device so it is snug and comfortable. Wearing it too loose or too tight will impede signal quality.
- Massage the sensors so they make good contact with your scalp.
- If you use hair products like waxes, pomades, gels, etc. they can prevent the sensors from making good contact with your scalp. Freshly-washed hair (it can be damp) may help you obtain a good signal.



GET COMFORTABLE

- Move to a place that is quiet and has minimal interruptions.
- Sit in a comfortable position.
- Sitting in a comfortable chair helps!



RELAX & EASE TENSION IN YOUR BODY

- Scan your body and look for tension, especially in your neck, shoulders, and head.
- Relax your muscles.
- Take a few deep breaths: breathe in for a count of 4 and breathe out for a count of 4.



CLEAN THE SENSORS

- Cosmetics, hair products, and oil from your skin can prevent the sensors from making good contact with your scalp.
- Use at least 70% isopropyl alcohol with a cotton swab to gently clean the sensors on your device. Do not use any other liquid and avoid the battery compartment.