

Preparing for your Brain Map

1. Get a good night's sleep.
2. Do not take Antihistamines or drink caffeine at least 8 hrs prior to test. Do not take AD/HD medication, Recreational drugs and alcohol must be avoided 3 days before the test. The results of your test will show if you have used any of the above and you will be charged full price for the QEEG if you receive the test on these drugs. (Please call if you have any questions.) If you need to reschedule we would be happy to do that please call at least 24 hours prior to avoid any fees.
3. Clean hair, no gels and or sprays.
4. Eat a protein based breakfast like eggs & meat, No caffeine.
5. Bring a cap or scarf or hair tie as your hair may be damp from the test.
6. DO NOT wear contact lenses; they will need to come out for the test.
7. Cell phones must be turned off during 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 of your brain is functioning. This valuable information will help determine the protocol to employ to achieve the best results with your neurofeedback program.