

Truth Be Told

With AJ

Do's and Don'ts before you take your polygraph:

****Do's:****

1. ****Bring your driver's license:**** Make sure to have your driver's license.
2. ****Wear comfortable clothing:**** Opt for comfortable attire, such as pants and a T-shirt or a long-sleeve shirt.
3. ****Wear comfortable shoes:**** Choose comfortable footwear to ensure you're at ease during the polygraph examination.
4. ****Get plenty of sleep:**** Aim for a good night's rest to be well-rested and mentally alert.
5. ****Eat:**** Have a light meal before your polygraph to prevent hunger-related discomfort during the examination.
6. ****Drink water:**** Stay hydrated by drinking water before the polygraph, but don't overdo it.
7. ****Please plan for at least 2 hours****
8. ****Please arrive 15 minutes early to:**** 601 Quail Valley Drive Suite #118
Georgetown, Texas 78626

****Don'ts:****

1. ****Don't wear bulky or embellished shirts:**** Avoid wearing shirts that are too bulky or have embellishments, as they can interfere with the polygraph sensors. **Ensure your arm pits are not exposed, please.**
2. ****Don't consume excessive caffeine:**** Refrain from drinking more caffeine than usual.
3. ****Don't take any over the counter drugs that alter your physiology.**
4. ****Don't pay for your polygraph:**** Keep in mind that you do not have to pay for the polygraph examination; it is covered as part of the process.