

How to Prepare for Your QEEG Brain Map Session

The first step towards an accurate “brain map” (QEEG) is to record your brainwaves (EEG) with as little interference from artifacts (eye movements, jaw movements, muscle tension, drowsiness, etc.) as possible. Consider doing the following to help ensure that your session will go smoothly.

- 1. Schedule your QEEG Brain Map at a time when you are most likely to be alert.** Most people do best in the morning rather than following school or work. This seems to be especially true of adolescents and teenagers.
- 2. Arrive to your QEEG Brain Map appointment 15 minutes early to complete necessary paperwork.** Please note that arriving for your recording late may result in the need to reschedule your recording and a resulting \$75.00 charge. Please be on time.
- 3. Do your best to get a good night’s sleep before your QEEG Brain Map.** Please know that over the counter sleep aids and prescription sleeping medications can affect your EEG.
- 4. Do your best to eat a balanced meal or snack a little while (1-3 hours) before your QEEG Brain Map.** Being overly hungry can impact alertness and focus and the ability to sit still. This is especially true of children and teenagers.
- 5. Consult with our clinic about any medications you are taking that may affect your brainwave patterns.** Do not discontinue your medications without your Doctors supervision. However, know that some medications affect your EEG activity.
- 6. If possible, wash and rinse your hair and avoid using styling gels, etc. on the day of your QEEG Brain Map.** Gels and conditioners can at times make it more difficult for the EEG sensors to make good contact with your scalp.
- 7. If you wear contact lenses, be prepared to remove them during your session (these can cause excess eye blinks / movements).** Bring any contact lens solution and containers that you will need if you remove your contacts.
- 8. Be prepared for messy hair following your session. Your QEEG Brain Map session will leave some left-over gel in your hair (this is water soluble gel similar in consistency to hair styling gel).** Bring whatever supplies (towels, combs, hats, etc.) you will need to restyle or cover your hair to your appointment or plan time to return home to shower.
- 9. Go to the bathroom immediately prior to your session.** Once you are hooked up for your recording it is somewhat difficult to unhook you so that you can use the restroom. Please use

the restroom prior to your session.

10. Turn off your cell phone and any other electronic devices during your recording. It is best if you leave your phone and any other electronic devices turned off.

11. Be relaxed but alert. The QEEG Brain Map is a non-invasive process that takes about an hour. You will sit in a comfortable chair, wear a cap on your head (similar to a swim cap) with ear clips (similar to clip-on ear rings) attached gently to each ear lobe, and a sensor taped to your forearm. Once you are set-up, we will record up to 20 minutes of your EEG activity. During half of the recording your eyes will be closed and during the other half of the recording your eyes will be open. Your main job during the recording is to sit still, keep your body and face relaxed, and be as awake and alert as possible. Your technician will assist you throughout this process.

12. Take responsibility for making your QEEG Brain Mapping session a success. Your technician will make every effort to help you obtain the best recording possible. However, in some cases, the EEG may still need to be rerecorded or rescheduled. Please note that there will be an additional charge of \$125.00 for ...

- Repeating a recording due to excess artifact (eye blinks / movement, muscle tension, drowsiness)
- Repeating a recording due to a lack of willingness or ability to perform the basics of the recording, (such as when a child is unable to leave the electrodes or recording cap in place)
- Rescheduling a recording due to late cancellation (cancelling less than 48 hours prior to your appointment)
- Failing to show up for your scheduled recording appointment without canceling
- Rescheduling a recording due to your late arrival for your recording appointment.