



NSIPM & Sano Wellness Center

QEEG / Brain Map Instructions

Please arrive 10 minutes early and be prepared to be at the office for a total of 60-75 minutes for brain mapping and data collection.

- QEEG's are to be completed within the first 6 hours of waking up (our last available slot is at 11:30am).
- Be sure to get a good night sleep.
- Arrive with clean hair, no gels and/or sprays. We recommend that you wash hair with an all-natural, non-chemical shampoo the night before or day of. Rinse and repeat (no conditioner). No other hair products.
- No makeup on forehead.
- Eat a protein-based breakfast before assessment.
- No caffeine.
- Do NOT wear contact lenses; they will need to come out for the assessment.
- Cell phones must be turned OFF for test.
- No recreational drugs or alcohol 3 days prior to test.
- Bring a cap, hair tie, or scarf to wear after test as your hair may be damp from the testing.
- If possible, discontinue non-prescription supplements 24 hours prior to appointment.

* The 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. 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 communicating/functioning. This valuable information will help us determine the support recommended to achieve the best results with your neurofeedback program.