

How to get the most out of your qEEG Brain Map

The Brain map or QEEG, is an essential part of the process of establishing **your** Neurotherapy 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 or **your** brain is functioning. This valuable information will help determine the protocol to employ to achieve the best results with **your neurofeedback program**.

QEEG/Brain Map Preparations:

- 1. Scheduling your Exam-** It is our belief, due to the circadian rhythms of the human body, that QEEGs should be conducted during morning hours. Research has demonstrated that EEG varies during the day and afternoon times are often times when brain waves, especially slow waves are more likely to be elevated. Most people are most awake and alert during the morning hours. Please make sure to schedule your QEEG for the time of the day when you are the most awake.
- 2. Illness** - to ensure accuracy of the findings, we want you to be at your best functioning for your exam. If you are feeling sick, please call to reschedule even if you only have a cold. Coughing, runny nose, and general malaise will result in poor readings for a QEEG.
- 3. Sleep** ~ Please make sure you get a good night's sleep before the QEEG. If you were not able to sleep well the night before, a qEEG can be collected (especially with chronic sleep issues) but it is important tracking their sleep quality will help you track improvement as neurofeedback training progresses.
- 4. Hair & Scalp** ~ Your hair needs to be clean and dry with no product in it (i.e., crème rinse, conditioner, moisturizers, mousse, oils, hair sprays, or hair gels). Please make sure your hair is dry before starting the recording, as damp hair can interfere with the accurate collection of the QEEG. If you have hair extensions, a toupee, or corn-rows, they should be removed before the appointment. No chemical treatments should be administered (coloring, perms, relaxers, etc.) within 48 hours before the QEEG. Hair must be free of beads, weaves, etc. Your hair will be filled with gel during the EEG collection process, therefore you may want to bring a comb, brush, cap or scarf to cover your hair after the procedure.
- 5. Medications** ~ The QEEG assessment is often cleaner and easier to read if there are no medications affecting the brain. If you take stimulant medication (i.e., ADHD medication), it is preferable to do the QEEG recording without taking the medication for up to 48 hours prior. You **MUST** check with your prescribing physician or health care provider to determine if it is possible to stop taking the stimulants 48 hours prior to the QEEG. If 48 hours is not advisable, 12-24 is the next preferred length of time. You should not make changes in any other medication(s) unless authorized by their physician. If you are taking medications for anxiety, depression, or sleep, you should **NOT** stop taking these medications without first consulting with your prescriber. If your prescriber approves, you can bring these medications with you the day of the QEEG and take them after the QEEG assessment has been conducted.

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6. **Caffeinated Beverages** ~ Do NOT drink excessive amounts of coffee, tea, or caffeinated beverages on the morning of the testing (i.e., one cup is fine), and avoid soft drinks with excessive amounts of caffeine in them (i.e., red bull, highly caffeinated soft drinks), for at least 15 hours prior to the QEEG.

7. **Alcohol and Drugs** ~ Alcohol should be avoided 24 hours prior to the QEEG. Marijuana should be avoided 24-72 hours prior to the QEEG.

8. **Contact Lenses** ~ Portions of the QEEG require that your eyes be closed for up to 10 minutes. If you wear contact lenses, you should be prepared to remove them if they create discomfort with closed eyes.

The Day of the QEEG:

1. Get a good night's sleep.
2. Do not take Antihistamines at least 8 hrs prior to the test. Do not take AD/HD medication for 48 hours prior to the test (if possible).
3. Clean, dry hair, no gels or sprays.
4. Eat a protein based breakfast like eggs & meat, No caffeine.
5. DO NOT wear contact lenses; they will need to come out for the test.
6. Do not wear any makeup on the forehead or ear lobes.
7. Drink plenty of water the day before the QEEG recording.
8. Use the restroom prior to the start of the QEEG.
9. Do not wear jewelry on the neck or ears.
10. Nicotine should be avoided 3 hours prior to the QEEG.
11. Cell phones must be turned off during the test.
12. Bring a cap or scarf as your hair may be damp from the test.