Podcast 1

```
frontal_electrodes   = {'AF3', 'AF4', 'F7', 'F3', 'F4', 'F8', 'FC5', 'FC6'};
occipital_electrodes = {'O1', 'O2'};
```

Median of Frontal electrodes spectrogram:

1) During the first few seconds of the experiment there is some beta and gamma activity. The gamma power slowly dissipates. The beta power activity is intermittent. I think we should target the beta activity. It's very interesting.

2) You were right yesterday. The frontal electrodes should have less power in the alpha band. we need to understand why we are the seeing significant alpha power at frontal electrodes

3) High power in delta band. Does this mean delta oscillations represent or reflect higher cognitive load ?

Median of Occipital electrodes spectrogram:

1) delta power activity is less here compared to frontal electrodes

2) alpha power is very high, which is expected

Median of Frontal electrodes 5 minute Activity

Median of Occipital electrodes 5 minute Activity