

**First we start by taking the Z scores of eyes closed and eyes open.**  
**Both absolute power and relative power**

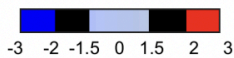
Eyes Closed

## Z-scored FFT Absolute Power

### Absolute Power ( $\mu V^2$ )

Ch	Delta	Z-Delta	Theta	Z-Theta	Alpha	Z-Alpha	Beta	Z-Beta	hiBeta	Z-hiBeta
FP1	342.1	0.6	107.5	0.9	80.5	0.7	57.1	1.7	79.8	1.2
FP2	968.1	2.0	183.0	2.0	89.3	0.9	106.7	2.7	165.2	2.2
F7	312.1	0.4	86.3	-0.0	104.4	0.4	86.9	1.6	88.5	0.6
F3	160.3	1.1	76.5	0.6	55.4	0.0	83.1	1.8	53.3	0.4
Fz	347.1	3.1	128.0	1.7	173.3	1.8	114.0	3.5	85.8	2.5
F4	75.4	-0.4	51.2	-0.3	40.3	-0.6	76.1	1.4	76.8	0.8
F8	294.9	0.4	104.1	0.5	258.6	1.6	79.9	1.3	106.8	0.9
T3	116.4	-0.4	86.0	0.3	493.9	1.2	61.0	-0.1	56.8	-0.5
C3	68.4	0.7	48.1	0.6	76.5	0.1	21.0	-0.4	21.2	-0.8
Cz	200.8	2.2	108.1	0.6	433.0	1.6	48.6	1.1	47.6	0.4
C4	29.6	-0.8	78.8	1.2	370.6	1.4	66.9	1.1	92.1	1.1
T4	161.9	0.3	133.9	1.3	990.3	2.0	202.1	1.5	299.6	1.3
T5	98.1	-0.1	156.6	1.1	553.6	0.6	107.6	0.9	75.7	0.3
P3	86.2	0.5	87.9	1.0	908.3	1.4	68.8	0.9	59.4	0.8
Pz	172.1	1.6	132.9	1.3	1029.3	1.2	102.7	1.4	89.0	1.6
P4	110.0	0.8	141.0	1.6	2463.7	2.2	170.4	2.3	137.7	2.2
T6	170.1	0.7	316.0	1.8	5158.2	2.5	417.8	2.8	306.8	2.3
O1	147.0	0.5	247.4	1.6	4192.6	1.7	387.9	2.2	308.1	1.9
O2	93.5	-0.1	254.0	1.6	4641.0	1.9	436.1	2.3	369.9	2.2

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Color Legend (z-scores)



### Relative Power (%)

Ch	Delta	Z-Delta	Theta	Z-Theta	Alpha	Z-Alpha	Beta	Z-Beta	hiBeta	Z-hiBeta
FP1	33.2	0.1	10.4	0.4	7.8	0.3	5.5	1.4	7.7	0.9
FP2	41.6	0.9	7.9	-0.5	3.8	-1.1	4.6	0.9	7.1	0.6
F7	30.4	0.4	8.4	-0.3	10.2	0.4	8.5	2.0	8.6	0.6
F3	25.2	1.0	12.0	0.2	8.7	-0.5	13.1	2.2	8.4	0.2
Fz	26.9	1.2	9.9	-1.2	13.4	0.2	8.8	2.1	6.7	0.6
F4	14.4	-0.4	9.8	-0.3	7.7	-0.7	14.6	2.4	14.7	1.5
F8	22.4	-0.2	7.9	-0.4	19.6	1.4	6.1	1.0	8.1	0.4
T3	9.8	-0.5	7.2	0.2	41.4	1.6	5.1	-0.1	4.8	-0.8
C3	20.1	1.2	14.1	1.4	22.5	0.5	6.2	0.1	6.2	-0.9
Cz	16.5	0.8	8.9	-1.0	35.7	1.4	4.0	-0.1	3.9	-1.0
C4	3.0	-2.1	8.0	0.1	37.5	1.3	6.8	0.3	9.3	0.1
T4	5.7	-1.3	4.7	-0.6	34.9	1.4	7.1	0.6	10.5	0.5
T5	6.9	-0.6	11.0	1.0	38.9	0.9	7.6	0.9	5.3	0.1
P3	4.9	-1.3	5.0	-0.8	51.3	1.3	3.9	-0.7	3.4	-0.8
Pz	7.7	-0.1	5.9	-0.3	45.8	0.8	4.6	0.3	4.0	0.2
P4	2.5	-2.2	3.2	-1.6	56.2	1.5	3.9	-0.6	3.1	-0.8
T6	1.9	-2.9	3.4	-1.5	56.1	1.6	4.5	-0.3	3.3	-0.7
O1	1.9	-1.9	3.3	-0.8	55.1	1.1	5.1	0.3	4.0	-0.2
O2	1.1	-2.9	3.0	-1.0	55.5	1.2	5.2	0.3	4.4	0.0

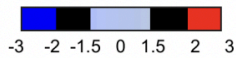
Eyes Open

## Z-scored FFT Absolute Power

### Absolute Power ( $\mu V^2$ )

Ch	Delta	Z-Delta	Theta	Z-Theta	Alpha	Z-Alpha	Beta	Z-Beta	hiBeta	Z-hiBeta
FP1	158.9	-1.0	95.1	0.4	60.2	0.5	125.8	1.7	436.0	1.8
FP2	345.6	0.2	131.0	1.2	96.8	1.5	221.2	2.4	815.4	2.4
F7	220.3	0.0	65.5	-0.5	52.9	-0.3	104.7	1.3	249.8	1.2
F3	136.7	0.6	71.7	0.5	45.5	-0.2	118.2	1.7	102.7	0.5
Fz	402.4	3.1	189.5	2.5	107.7	1.6	189.2	4.5	152.9	3.2
F4	76.5	-0.3	43.6	-0.6	40.7	-0.6	111.1	1.5	282.6	1.5
F8	154.9	-0.5	64.4	-0.3	47.8	-0.6	130.1	1.6	468.6	2.1
T3	95.6	-0.9	73.3	0.2	64.3	-0.4	93.0	0.1	179.5	0.0
C3	52.1	0.3	55.4	1.1	67.4	0.3	33.0	0.3	31.2	-0.6
Cz	203.7	2.1	81.2	0.3	57.3	-0.1	34.6	0.9	37.5	0.2
C4	56.4	0.5	107.8	2.3	90.2	0.4	77.4	1.5	95.3	1.1
T4	197.6	0.5	142.5	2.0	105.9	0.4	425.4	2.1	1207.7	2.3
T5	90.1	0.1	118.5	1.3	110.5	0.2	100.0	1.2	145.0	1.1
P3	83.8	0.8	63.7	1.0	73.7	-0.1	32.8	0.3	29.7	0.0
Pz	212.1	2.2	88.5	1.5	77.3	-0.1	52.3	1.1	40.9	1.0
P4	128.3	1.5	85.9	1.6	91.0	0.2	73.9	1.7	63.0	1.5
T6	189.9	1.4	127.7	1.5	132.4	0.2	125.3	1.5	162.0	1.4
O1	141.0	0.8	96.2	0.9	87.9	-0.4	113.3	1.3	87.1	0.9
O2	124.3	0.5	82.3	0.5	73.4	-0.6	123.1	1.4	149.0	1.6

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Color Legend (z-scores)



### Relative Power (%)

Ch	Delta	Z-Delta	Theta	Z-Theta	Alpha	Z-Alpha	Beta	Z-Beta	hiBeta	Z-hiBeta
FP1	10.3	-2.3	6.2	-0.4	3.9	-0.3	8.2	1.7	28.3	1.9
FP2	12.2	-1.9	4.6	-1.1	3.4	-0.6	7.8	1.5	28.8	1.9
F7	18.5	-0.3	5.5	-1.1	4.4	-0.7	8.8	1.5	21.0	1.2
F3	18.4	0.3	9.7	0.1	6.1	-0.5	15.9	2.6	13.8	0.3
Fz	25.0	0.8	11.8	-0.6	6.7	-1.0	11.8	2.8	9.5	0.9
F4	7.4	-1.3	4.2	-1.7	4.0	-1.6	10.8	1.4	27.5	1.6
F8	9.9	-1.7	4.1	-1.8	3.0	-1.6	8.3	1.2	29.9	1.9
T3	11.3	-0.2	8.7	0.8	7.6	0.2	11.0	1.2	21.2	0.8
C3	15.3	0.7	16.2	1.8	19.8	0.7	9.7	1.1	9.1	-0.5
Cz	32.7	2.3	13.0	-0.4	9.2	-0.7	5.6	0.6	6.0	-0.3
C4	8.8	-0.2	16.8	2.2	14.1	-0.1	12.1	1.8	14.9	0.9
T4	4.8	-1.7	3.5	-1.0	2.6	-1.9	10.4	1.0	29.5	1.5
T5	9.9	-0.4	13.0	1.1	12.1	-0.1	10.9	1.3	15.9	1.2
P3	21.0	1.2	16.0	2.1	18.5	-0.0	8.2	0.8	7.4	0.3
Pz	29.9	1.6	12.5	0.9	10.9	-1.2	7.4	0.7	5.8	0.3
P4	19.4	1.0	13.0	1.5	13.8	-0.7	11.2	1.6	9.5	1.0
T6	15.6	0.5	10.5	0.7	10.9	-0.5	10.3	1.2	13.3	1.1
O1	16.6	0.6	11.3	0.8	10.4	-0.9	13.3	1.9	10.3	0.9
O2	13.1	0.1	8.7	0.1	7.8	-1.5	13.0	2.0	15.7	1.7

## Cognition - [scoring system score is 2 / 3]

### Focus Score Stimulation Control (Theta:Beta) Normal

Eyes Open	Absolute Power	The Focus Score (Theta/Beta Ratio), is calculated as the average Theta/Beta power ratio at the frontal (Fz) and central (Cz) regions of the brain
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1. Grab the right table  
Use the **Absolute Power ( $\mu V^2$ )** table (not Relative). Keep the same state (e.g., Eyes-Open only).
2. Find the four numbers you need
  - **Fz Theta** and **Fz Beta**
  - **Cz Theta** and **Cz Beta**

From your table:

- Fz: Theta **189.5**, Beta **189.2**
  - Cz: Theta **81.2**, Beta **34.6**
3. Compute the Theta/Beta ratio at each site
    - Fz ratio = Theta  $\div$  Beta = **189.5 / 189.2 = 1.002**
    - Cz ratio = Theta  $\div$  Beta = **81.2 / 34.6 = 2.347**
  4. Average the two site ratios  
Focus Score = (Fz ratio + Cz ratio)  $\div$  2  
= (1.002 + 2.347)  $\div$  2 = **1.674**  $\rightarrow$  **~1.67**
  5. Read the result (common convention)
    - **< 1.5**: tighter, "locked-in" focus band

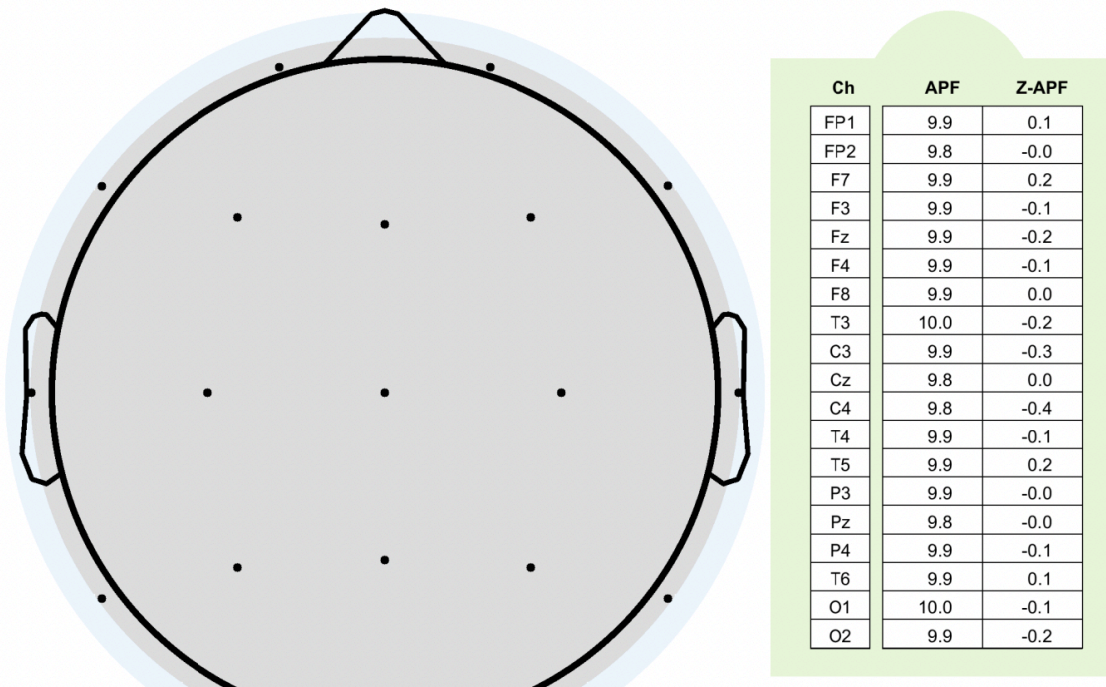
Your Focus Score  $\approx$  **1.67** [scoring system = 0]

### Alpha peak

Eyes Closed	Special	PZ or below - the highest score will be taken
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Eyes Closed

## Z-scored Alpha Peak



O1 = 10.0

More than 9 is normal

Hence the alpha peak is normal [scoring system = 1]

### Alpha:Theta balance

Eyes Closed	Aboslute Power	Alfa:theta at Fz, Cz and PZ check which is the highest and the order of preference Fz higher than Cz PZ	FZ>CZ>PZ is normal
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Here's the **Alpha:Theta ( $\alpha/\theta$ ) ratio** at the three sites (Eyes Closed • Absolute Power):

- **Fz:**  $\alpha/\theta = 173.3 / 128.0 = 1.35$
- **Cz:**  $\alpha/\theta = 433.0 / 108.1 = 4.01$
- **Pz:**  $\alpha/\theta = 1029.3 / 132.9 = 7.75$

**Order (highest → lowest): Pz > Cz > Fz.** [scoring system = 1]

That means posterior (Pz) shows the strongest alpha relative to theta, then central (Cz), then frontal (Fz).

## **Stress [scoring system score is 0 / 3, healthy in this case]**

Arousal score (Increased)	Eyes Open	Absolute Power	Arousal Score (HighBeta/Beta Rao) is derived from the ratio of High Beta (20-35 Hz) to Beta (12-20 Hz) brainwave frequencies, averaged over the frontal (Fz) and central (Cz) regions of the brain	Less than 1 is normal
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Here's how to compute your **Arousal Score** (hi-Beta / Beta), Eyes Open, from the **Absolute Power** ( $\mu V^2$ ) table:

- Pull the four numbers
  - Fz:** Beta = **189.2**, hi-Beta = **152.9**
  - Cz:** Beta = **34.6**, hi-Beta = **37.5**
- Compute the ratio at each site (hi-Beta ÷ Beta)
  - Fz ratio** =  $152.9 / 189.2 = 0.81$
  - Cz ratio** =  $37.5 / 34.6 = 1.08$
- Average the two ratios  
 Arousal Score =  $(0.81 + 1.08) / 2 = 0.946 \rightarrow \sim 0.95$

**Your Arousal Score  $\approx 0.95 \rightarrow$  not increased (within normal). [scoring system score = 0]**

Relaxation Score	Eyes Closed	Absolute power	EC Alpha EC Beta at the PZ Abs power	More than 10 is healthy
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### **Relaxation Score — Eyes Closed (Relative Power, Pz)**

Definition: **Alpha/Beta ratio at Pz (EC)**. Threshold: **> 10 = healthy**.

**From your EC Relative Power table (Pz row):**

- $1029.3/102.7=10.02$

**Compute:**

**Interpretation: ~10.0, [scoring system system = 0]**

Regeneration & Repair (Alpha modulation)	EO & EC	Relative Power	Alpha Pz (EC-EO)/EC)*100	More than 30% is healthy
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Here's your **Alpha Modulation (Regeneration & Repair)** at **Pz** using **Relative Power**:

**Step 1 — Pick values (same montage):**

- Eyes Closed (EC), Pz, Alpha = 45.8%
- Eyes Open (EO), Pz, Alpha = 10.9%

**Step 2 — Apply the formula:**

$$\text{Alpha Modulation} = \frac{\text{EC} - \text{EO}}{\text{EC}} \times 100 = \frac{45.8 - 10.9}{45.8} \times 100 = 76.2\%$$

**Result: ~76% alpha modulation at Pz. [scoring system system = 0]**

## Focus + Attention [scoring system score is 1 / 3]

Focus Score Theta	Eyes Open	Relative Power	The Focus Score (Theta) represents the average relative power of Theta brainwaves (4-8 Hz) at the frontal (Fz) and central (Cz) regions of the brain.	Less than 20 is normal
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### Focus Score (Theta) — Eyes Open, Relative Power

- Grab the Theta (%) values at **Fz** and **Cz** from the Relative Power table.
  - Fz Theta = 11.8%**
  - Cz Theta = 13.0%**
- Average them:

$$\text{Focus Score (Theta)} = \frac{11.8 + 13.0}{2} = 12.4$$

- Interpret (threshold: < 20% = normal):
  - Your score: 12.4 → Normal** (no excess frontal/central theta) .[scoring system system = 1]

Alpha:Theta balance	Eyes Closed	Absolute Power	Alfa:theta at Fz, Cz and PZ check which is the highest and the order of preference Fz higher than Cz PZ	Less than 1 is normal
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Here's the **Alpha:Theta (α/θ) ratio** at the three sites (Eyes Closed • Absolute Power):

- Fz:**  $\alpha/\theta = 173.3 / 128.0 = 1.35$
- Cz:**  $\alpha/\theta = 433.0 / 108.1 = 4.01$
- Pz:**  $\alpha/\theta = 1029.3 / 132.9 = 7.75$

Order (highest → lowest): **Pz > Cz > Fz**. [scoring system system = 0]

Focus Stimulus Control, Theta Beta Ratio	Eyes Open	Absolute Power	The Focus Score (Theta/Beta Rao), is calculated as the average Theta/Beta power ratio at the frontal (Fz) and central (Cz) regions of the brain, reflects the balance between Theta (4-8 Hz) and Beta (15-20 Hz) brainwave activities.	Less than 1.5 is normal
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#### Focus Stimulus Control — Theta/Beta Ratio (Eyes Open, Absolute Power)

- Pull the values from the table
  - Fz:** Theta =  $189.5 \mu V^2$ , Beta =  $189.2 \mu V^2 \rightarrow \Theta/\beta = 189.5/189.2 = 1.002$
  - Cz:** Theta =  $81.2 \mu V^2$ , Beta =  $34.6 \mu V^2 \rightarrow \Theta/\beta = 81.2/34.6 = 2.347$
- Average the two site ratios

$$\text{Focus Score} = \frac{1.002 + 2.347}{2} = 1.674 (\approx 1.67)$$

Interpretation (normal < 1.5): your score  $\approx 1.67$ , [scoring system system = 0]

## **Burnout + Fatigue [scoring system score is 0 / 3]**

Arousal Score [High]	Eyes Open	Absolute power	Arousal Score (HighBeta/Beta Rao) is derived from the ratio of High Beta (20-35 Hz) to Beta (12-20 Hz) brainwave frequencies, averaged over the frontal (Fz) and central (Cz) regions of the brain	Less than 1 is normal
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Here's how to compute your **Arousal Score** (hi-Beta / Beta), Eyes Open, from the **Absolute Power** ( $\mu V^2$ ) table:

2. Pull the four numbers
  - **Fz:** Beta = **189.2**, hi-Beta = **152.9**
  - **Cz:** Beta = **34.6**, hi-Beta = **37.5**
3. Compute the ratio at each site (hi-Beta  $\div$  Beta)
  - **Fz ratio** =  $152.9 / 189.2 = 0.81$
  - **Cz ratio** =  $37.5 / 34.6 = 1.08$
4. Average the two ratios  
Arousal Score =  $(0.81 + 1.08) / 2 = 0.946 \rightarrow \sim 0.95$

**Your Arousal Score  $\approx 0.95 \rightarrow$  not increased (within normal). [scoring system score = 0]**

Relaxation Score	Eyes Closed	Absolute power	EC Alpha EC Beta at the PZ Abs power	More than 10 is healthy
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### **Relaxation Score — Eyes Closed (Relative Power, Pz)**

Definition: **Alpha/Beta ratio at Pz** (EC). Threshold: **> 10 = healthy**.

**From your EC Relative Power table (Pz row):**

- $1029.3/102.7=10.02$

**Compute:**

Interpretation: ~10.0, [scoring system system = 0]

Excessive Delta [High]	Eyes Open	Relative power	The Excessive Delta Indicator score is calculated as the average relative Delta power from multiple EEG locations including Fz, C3, Cz, C4, P3, Pz, and P4.	Less than 70% is normal
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#### Excessive Delta Indicator — Eyes Open (Relative Power)

1) Pick the channels & values (Delta %):

Fz 25.0, C3 15.3, Cz 32.7, C4 8.8, P3 21.0, Pz 29.9, P4 19.4

2) Average them:

$$\text{Score} = \frac{25.0 + 15.3 + 32.7 + 8.8 + 21.0 + 29.9 + 19.4}{7} = 21.73\%$$

3) Interpretation (normal < 70%): 21.7% → Normal (no excessive delta in EO). [scoring system system = 0]

## Emotional Regulation [scoring system score is 3 / 3]

Alpha Asymmetry Frontal	Eyes Closed	Absolute Power	Frontal Alpha Asymmetry=AlphaF4 + AlphaF3 / AlphaF4 - AlphaF3	Less than 1 is normal
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### Frontal Alpha Asymmetry — Eyes Closed (Absolute Power)

From your table:

- **F3  $\alpha$  = 55.4  $\mu V^2$**
- **F4  $\alpha$  = 40.3  $\mu V^2$**

There are a few common ways this metric is computed. I'll show the two you're most likely to use and the result for each:

1. **Ratio method (F4 / F3)** — simple and matches your "< 1 is normal" rule.

$$FAA_{\text{ratio}} = \frac{\alpha_{F4}}{\alpha_{F3}} = \frac{40.3}{55.4} = \mathbf{0.73}$$

**Interpretation: 0.73 < 1 → normal** (slightly more left-frontal alpha than right, i.e., relatively more right-frontal activation). **[scoring system system = 1]**

Arousal Score	Eyes Open	Absolute Power	Arousal Score (HighBeta/Beta Rao) is derived from the ratio of High Beta (20-35 Hz) to Beta (12-20 Hz) brainwave frequencies, averaged over the frontal (Fz) and central (Cz) regions of	Less than 1 is normal
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Here's how to compute your **Arousal Score** (hi-Beta / Beta), Eyes Open, from the **Absolute Power** ( $\mu V^2$ ) table:

3. Pull the four numbers
  - **Fz:** Beta = **189.2**, hi-Beta = **152.9**
  - **Cz:** Beta = **34.6**, hi-Beta = **37.5**
4. Compute the ratio at each site (hi-Beta  $\div$  Beta)
  - **Fz ratio** =  $152.9 / 189.2 = 0.81$
  - **Cz ratio** =  $37.5 / 34.6 = 1.08$
5. Average the two ratios  
 Arousal Score =  $(0.81 + 1.08) / 2 = 0.946 \rightarrow \sim 0.95$

Your Arousal Score  $\approx 0.95 \rightarrow$  not increased (within normal). [scoring system system = 1]

Regeneration Alpha Modulation	EO & EC	Relative power	Alpha Pz (EC-EO)/EC)*100	More than 30% is healthy
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**Regeneration – Alpha Modulation (Pz) • Relative Power**

Formula:

$$(EC - EO) / EC \times 100$$

Pick values (Pz):

- EC Alpha = 45.8%
- EO Alpha = 10.9%

Compute:

$$\frac{45.8 - 10.9}{45.8} \times 100 = \frac{34.9}{45.8} \times 100 = 76.2\%$$

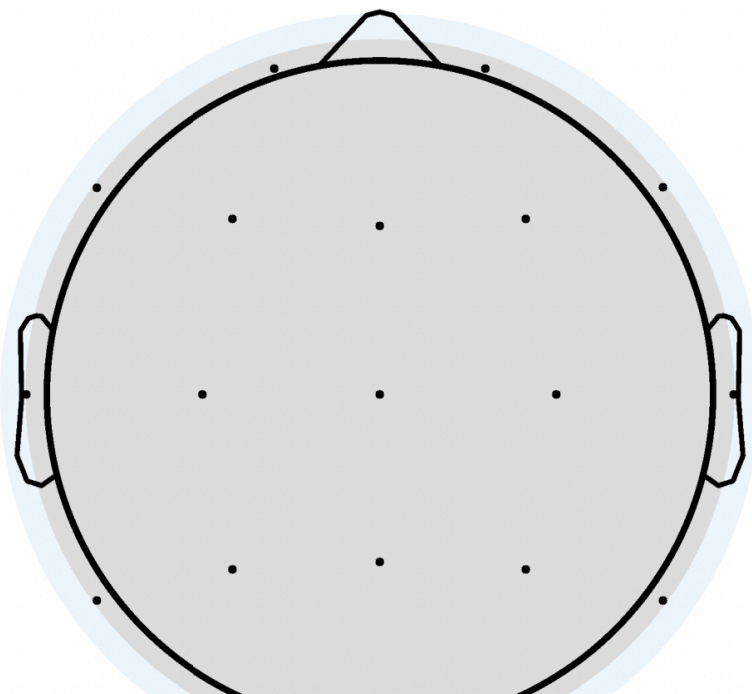
**Result:**  $\sim 76\%$ , which is well above the 30% healthy threshold [scoring system system = 1]

**Learning [scoring system score is 2 / 3]**

Peak Alpha	Eyes Closed	Special	PZ or below - the highest score will be taken	More than 9 is normal
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Eyes Closed

**Z-scored Alpha Peak**



Ch	APF	Z-APF
FP1	9.9	0.1
FP2	9.8	-0.0
F7	9.9	0.2
F3	9.9	-0.1
Fz	9.9	-0.2
F4	9.9	-0.1
F8	9.9	0.0
T3	10.0	-0.2
C3	9.9	-0.3
Cz	9.8	0.0
C4	9.8	-0.4
T4	9.9	-0.1
T5	9.9	0.2
P3	9.9	-0.0
Pz	9.8	-0.0
P4	9.9	-0.1
T6	9.9	0.1
O1	10.0	-0.1
O2	9.9	-0.2

O1 = 10.0  
More than 9 is normal  
Hence the alpha peak is normal [scoring system system = 1]

Focus, Theta:Beta Ratio	Eyes Open	Relative power	The Focus Score (Theta/Beta Ratio), is calculated as the average Theta/Beta power ratio at the frontal (Fz) and central (Cz) regions of the brain, reflects the balance between Theta (4-8 Hz) and Beta (15-20 Hz) brainwave activities.	Less than 1.5 is normal
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3. Grab the right table  
Use the **Relative Power ( $\mu V^2$ )** table. Keep the same state (e.g., Eyes-Open only).
4. Find the four numbers you need
  - **Fz Theta** and **Fz Beta**
  - **Cz Theta** and **Cz Beta**

From your table:

- Fz: Theta **189.5**, Beta **189.2**
  - Cz: Theta **81.2**, Beta **34.6**
4. Compute the Theta/Beta ratio at each site
    - Fz ratio = Theta  $\div$  Beta = **189.5 / 189.2 = 1.002**
    - Cz ratio = Theta  $\div$  Beta = **81.2 / 34.6 = 2.347**
  6. Average the two site ratios  
Focus Score = (Fz ratio + Cz ratio)  $\div$  2  
= (1.002 + 2.347)  $\div$  2 = **1.674**  $\rightarrow$  **~1.67**

Your Focus Score  $\approx$  **1.67** [scoring system system = 0]

Arousal score	Eyes Open	Absolute Power	Arousal Score (HighBeta/Beta Ratio) is derived from the ratio of High Beta (20-35 Hz) to Beta (12-20 Hz) brainwave frequencies, averaged over the frontal (Fz) and central (Cz) regions of the brain	Less than 1 is normal
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Here's how to compute your **Arousal Score** (hi-Beta / Beta), Eyes Open, from the **Absolute Power ( $\mu V^2$ )** table:

4. Pull the four numbers

- **Fz:** Beta = **189.2**, hi-Beta = **152.9**
  - **Cz:** Beta = **34.6**, hi-Beta = **37.5**
5. Compute the ratio at each site (hi-Beta ÷ Beta)
- **Fz ratio** =  $152.9 / 189.2 = 0.81$
  - **Cz ratio** =  $37.5 / 34.6 = 1.08$

6. Average the two ratios
- Arousal Score =  $(0.81 + 1.08) / 2 = 0.946 \rightarrow \sim 0.95$

**Your Arousal Score  $\approx 0.95 \rightarrow$  not increased (within normal). [scoring system system = 1]**

## Creativity [scoring system score is 2 / 3]

Relaxation Score	Eyes Closed	Absolute power	EC Alpha EC Beta at the PZ Abs power	More than 10 is healthy
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### Relaxation Score — Eyes Closed (Relative Power, Pz)

Definition: **Alpha/Beta ratio at Pz (EC)**. Threshold: **> 10 = healthy**.

From your EC Relative Power table (Pz row):

- $1029.3/102.7=10.02$

Interpretation: **~10.0**, [scoring system system = 1]

Focus, Theta Beta	Eyes Open	Relative Power	The Focus Score (Theta/Beta Ratio), is calculated as the average Theta/Beta power ratio at the frontal (Fz) and central (Cz) regions of the brain	Less than 1.5 is normal
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- Grab the right table  
Use the **Relative Power ( $\mu V^2$ )** table Keep the same state (e.g., Eyes-Open only).
- Find the four numbers you need
  - **Fz Theta** and **Fz Beta**
  - **Cz Theta** and **Cz Beta**

From your table:

- Fz: Theta **189.5**, Beta **189.2**
  - Cz: Theta **81.2**, Beta **34.6**
- Compute the Theta/Beta ratio at each site
    - Fz ratio = Theta ÷ Beta = **189.5 / 189.2 = 1.002**
    - Cz ratio = Theta ÷ Beta = **81.2 / 34.6 = 2.347**

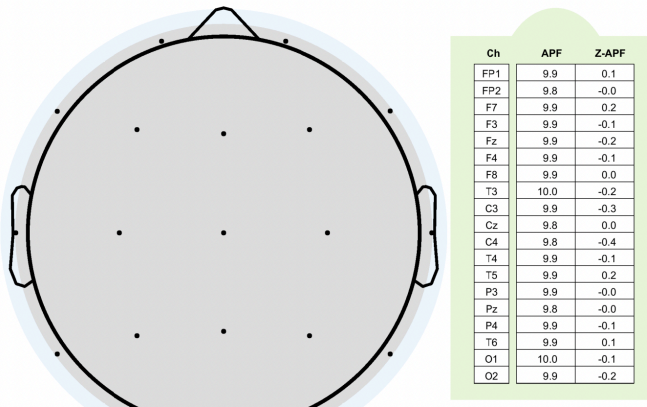
7. Average the two site ratios  
 Focus Score = (Fz ratio + Cz ratio) ÷ 2  
 = (1.002 + 2.347) ÷ 2 = **1.674** → **~1.67**

Your Focus Score ≈ **1.67**. [scoring system system = 0]

Peak Alpha	Eyes Closed	Special	Alpha Peak=Frequency (Hz) at which Alpha (8–12 Hz) power is maximum posteriorly	More than 9 is normal
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Eyes Closed

### Z-scored Alpha Peak



O1 = 10.0

More than 9 is normal

Hence the alpha peak is normal

[scoring system system = 1]

# How the matching algorithm works

**Inputs:** the report's key metrics for each parameter (Cognition, Stress, Focus & Attention, Burnout/Fatigue, Emotional Regulation, Learning, Creativity).

Rhea's Report

# How the matching algorithm works

**Inputs:** the report's key metrics for each parameter (Cognition, Stress, Focus & Attention, Burnout/Fatigue, Emotional Regulation, Learning, Creativity).

Rhea's Report

## 1) Cognition

**[scoring system score is 2 / 3]**

Cognition bucket → Medium

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## 2) Stress

**[scoring system score is 0 / 3, healthy in this case]**

Stress bucket → Low

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## 3) Focus & Attention

**[scoring system score is 1 / 3]**

Focus & Attention bucket → Low

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## 4) Burnout & Fatigue

**[scoring system score is 0 / 3]**

Burnout & Fatigue bucket → Low

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## 5) Emotional Regulation

**[scoring system score is 3 / 3]**

Emotional Regulation bucket → High

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## 6) Learning

**[scoring system score is 2 / 3]**

Learning bucket → Medium

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## 7) Creativity

**[scoring system score is 2 / 3]**

Creativity bucket → Medium

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## Brain-type match (using your 8-type grid)

- Cognition **M** · Stress **L** · Focus **L** · Burnout/Fatigue **L** · Emotional Reg **H** · Learning **M** · Creativity **M**