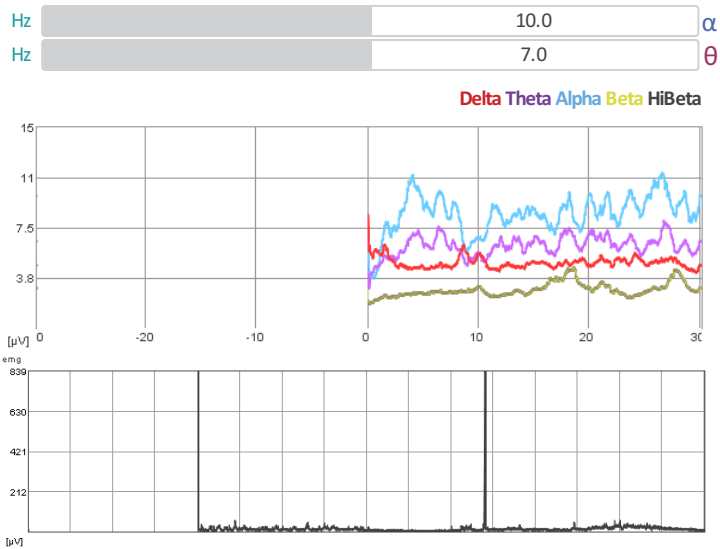
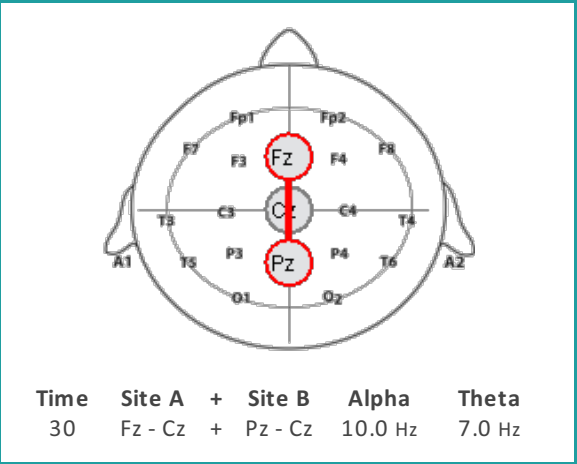


3658  
Friday - March 29, 2019  
06:36 PM  
Session 54  
2 Channel Alpha Theta  
Myself



Volume 9, Bear 30%, Get comfy chair, eye mask



**Report**  
Slept well. Got myself back to sleep.

**Observation**  
Fz - Pz Alpha 10 Theta 7 30 mins. Oneness.

**Plan**  
Continue based on integration report.