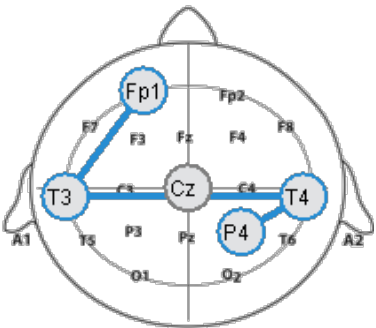


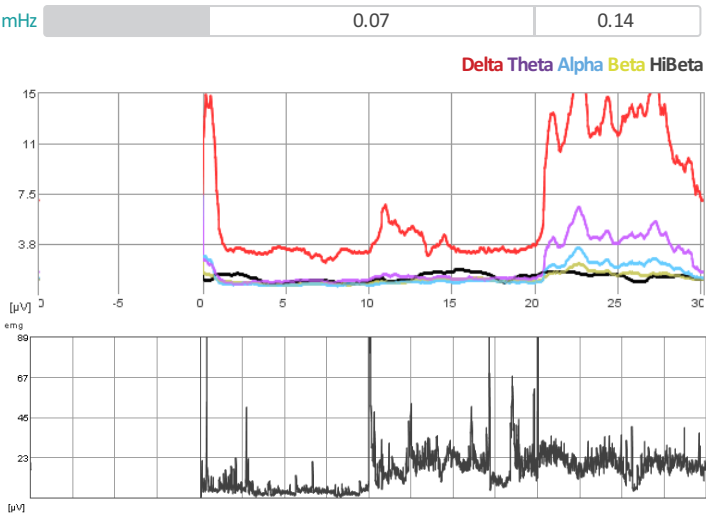
5
Wednesday - January 30, 2019
08:42 AM
Session 5
2 Channel ILF HD
Moira and Deb



Dreamscapes
Wilderness walk



TIME	SITE A	-	SITE B	FREQUENCY
10	P4 - Cz	-	T4 - Cz	0.07 mHz
10	T3 - Cz	-	T4 - Cz	0.07 mHz
10	T3 - Cz	-	Fp1 - Cz	0.14 mHz



Report
Slept well. Feeling very relaxed.

Observation
P4-T4 at .07 at 10 minutes - Alert, focused and relaxed. Mood satisfied.
T3-T4 at .07 at 20 mins. - Alert, focused and relaxed. Mood calm.
T3-Fp1 .14 at 30 mins - Alert, focused and relaxed. Mood good.