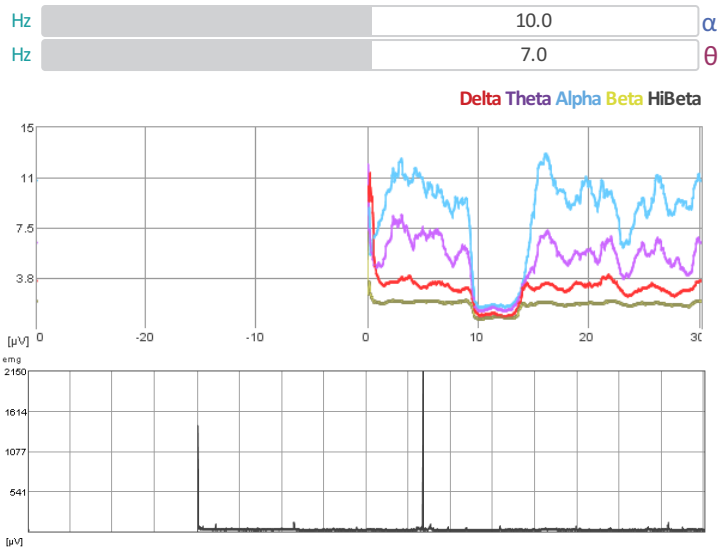
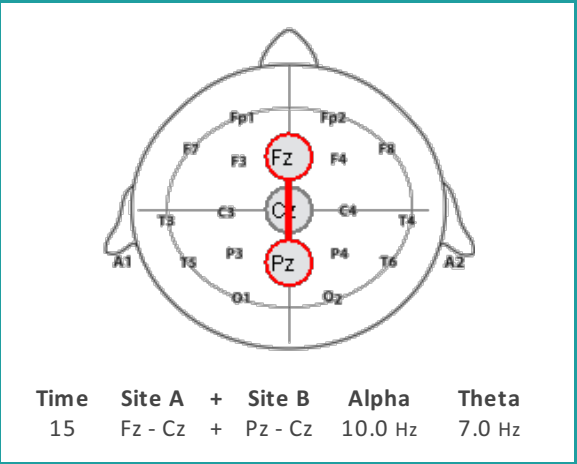


3658
Sunday - March 17, 2019
01:51 PM
Session 44
2 Channel Alpha Theta
Myself



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



Report
Could have slept better. Woke up 3 times getting back to sleep easily. Alert, focused and relaxed are all could be better.

Observation
Fz - Pz Alpha 10 Theta 7 30 mins. Peaceful, calm, happy. Frank monitored the output to ensure that it was working throughout the session.

Plan
Continue based on integration report.