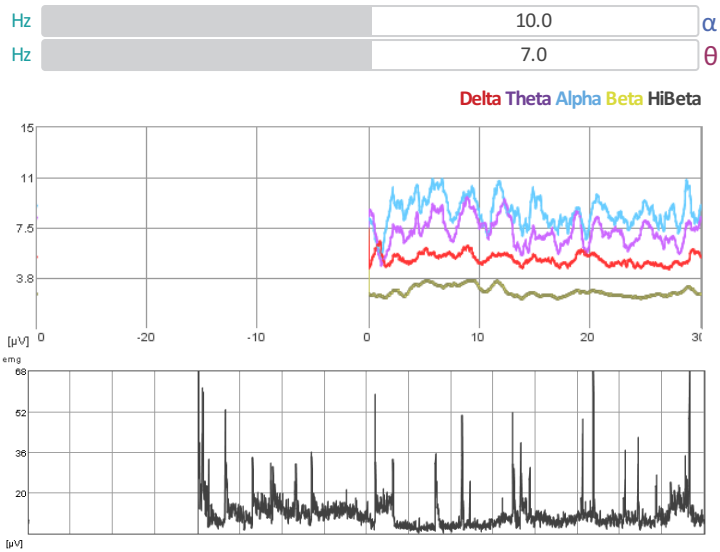
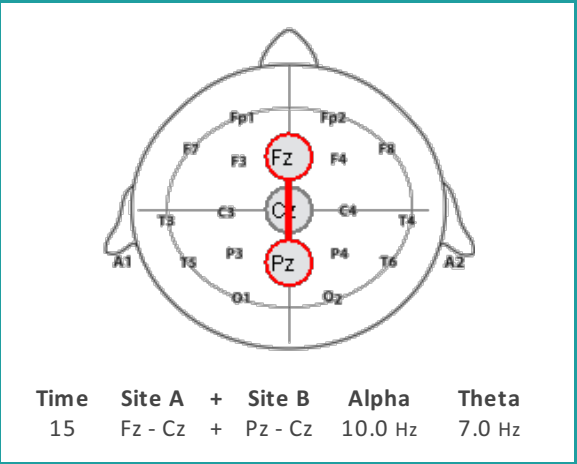


3658
Wednesday - March 20, 2019
07:27 PM
Session 47
2 Channel Alpha Theta
Myself



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



Report
Slept well. Woke up at 7:30. Alert, focused and relaxed are all better with brain octane.

Observation
Fz - Pz Alpha 10 Theta 7 60 mins. Peaceful, calm, happy.

Plan
Continue based on integration report.