

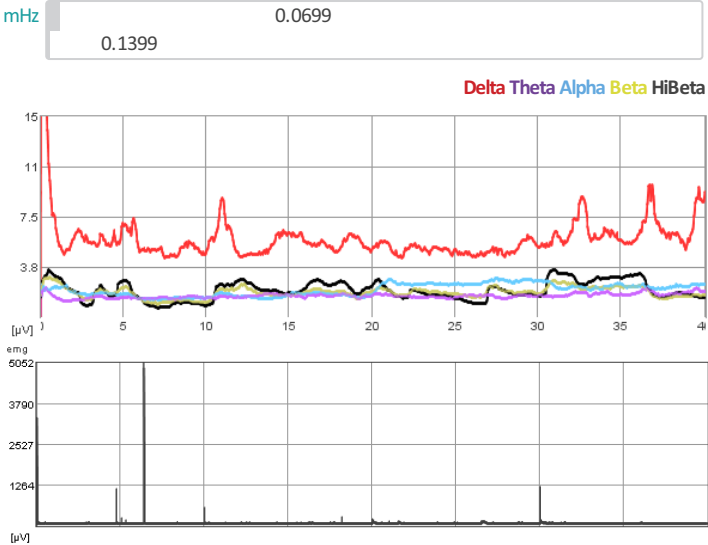
12
Wednesday - February 06, 2019
05:51 PM
Session 18
2 Channel ILF HD
Maira



Tropical Heat
Medium, sunny day



TIME	SITE A	-	SITE B	FREQUENCY
10	P4 - Cz	-	T4 - Cz	0.07 mHz
10	T4 - Cz	-	Fp2 - Cz	0.07 mHz
10	T3 - Cz	-	T4 - Cz	0.07 mHz
0	T3 - Cz	-	Fp1 - Cz	0.14 mHz



Report
Slept well. Up twice to pee fell right back to sleep.
Alert with 2 cups of coffee. Focused.
Relaxed. Mood good.

Observation
P4-T4 .07 10mins. Alert, focused. relaxed.
T4-Fp2 .07 10 mins. Alert, focused, relaxed.
Happy
T3-T4 .07 10 mins still feeling good but a little bit tired.
T3-Fp1 .14 10 mins no longer feeling tired. inhibits less. Alert, focused, relaxed, corny.

Plan
Continue as planned depending on integration report.