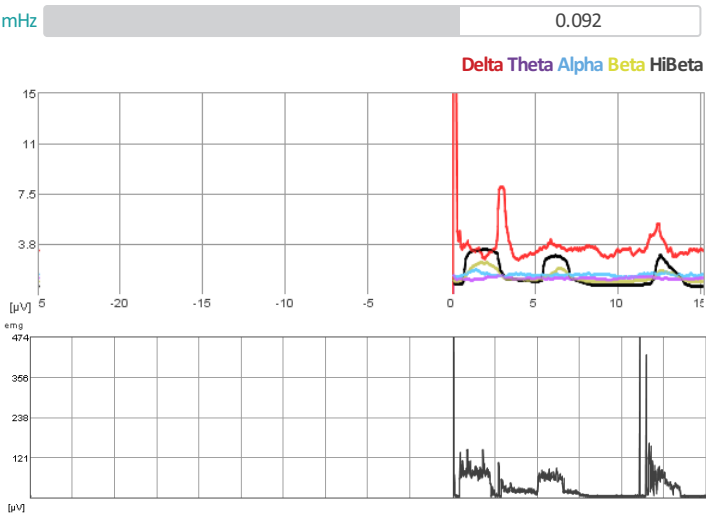
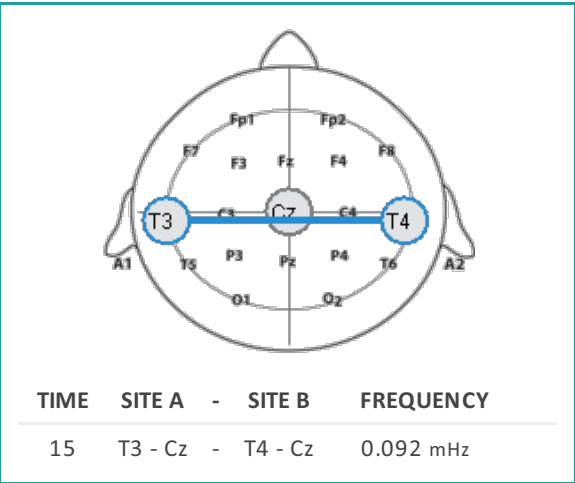


2003  
Thursday - March 07, 2019  
10:16 AM  
Session 5  
2 Channel ILF HD  
Moir



HyperPong  
No Wilderness, Skyconstruction, FireandIce volume  
17



**Report**  
Poorly sleep. Wierd dreams - this is usual.  
New protocol made him feel calmer and not  
as hungry. Very sleepy later in afternoon so  
going up to .092 same sites.

**Observation**  
T3-T4 .092Hz 2mins more alert and focused.  
T3-T4 .092Hz 11mins still alert and focused  
T3-T4 .092Hz 15mims starting to feeling  
tired and so stopped. Did not want to try  
another frequency and the position of the  
sensors was better.

**Plan**  
Continue based on integration report.