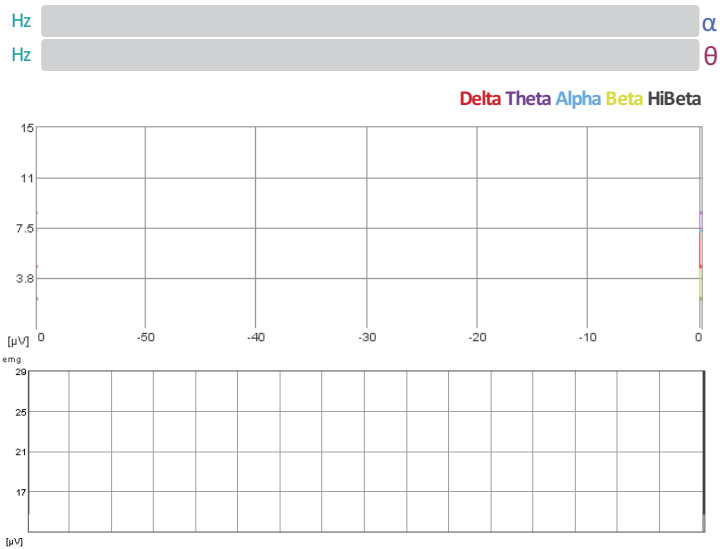
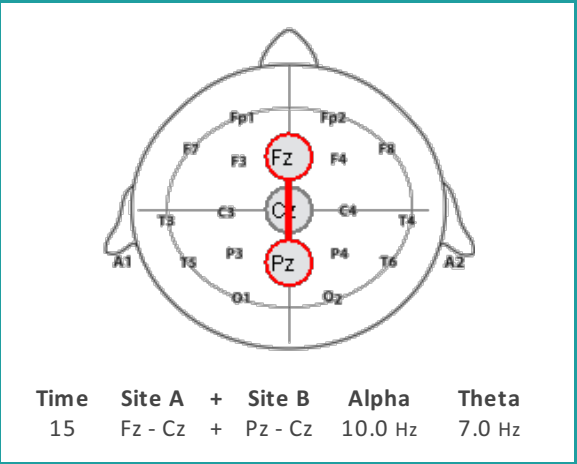


3658  
Monday - March 18, 2019  
07:21 PM  
Session 45  
2 Channel Alpha Theta  
Myself



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



**Report**  
Slept alright. Alert, focused and engaged.

**Observation**  
Fz - Pz Alpha 10 Theta 7 30 mins. Calm, relaxed.

**Plan**  
Continue based on integration report.