

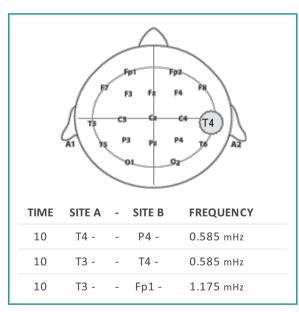
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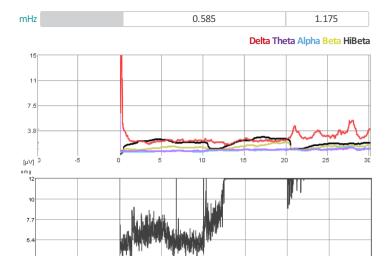
Saturday - January 26, 2019 02:32 PM Session 23 2 Channel ILF HD Moira



Dreamscapes

Wilderness





Report

Fell asleep in 1.5 mins. Alert good. Relaxed at the beach. Focus driving good.

Observation

T4-P4 at .585 for 10 mins Alertness -good Focus - good, Relaxation-great. Smiling at end.

T3-T4 at .585 for 10 mins Alertness -good Focus - good, Relaxation-great. Smiling at end.

T3-Fp1 at .585 for 10 mins Alertness -good Focus - good, Relaxation-great. Smiling at end.

Plan

Dreamscape, Wilderness, volume 50, controller good Carry on with P4-T4 at .585 for 10 mins Carry on with T3-T4 at .585 for 10 mins Carry on with T3-Fp1 at .585 for 10 mins