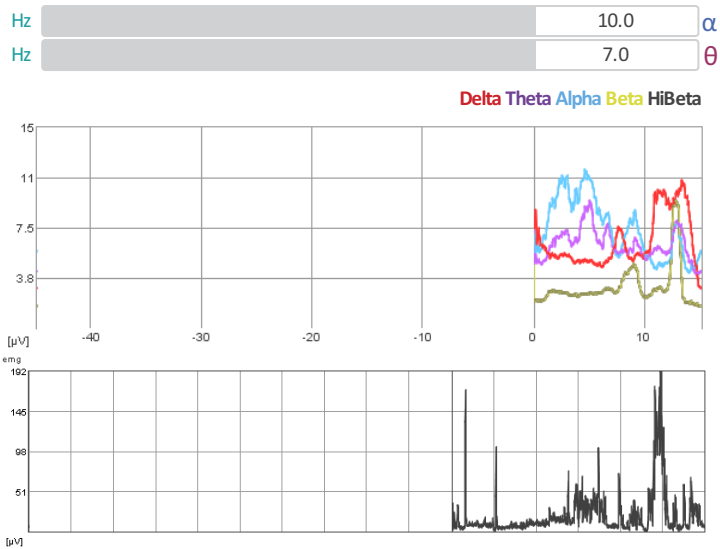
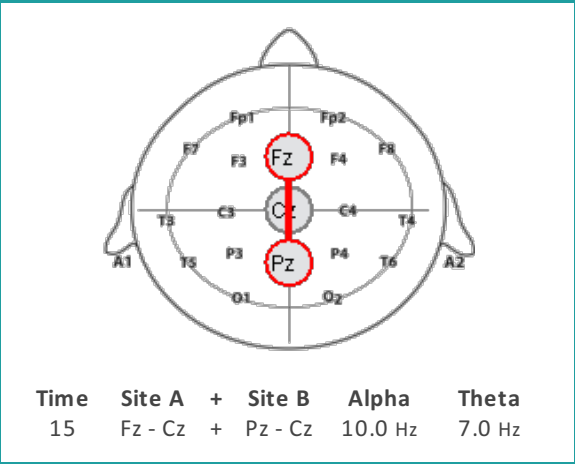


3658  
Friday - March 15, 2019  
07:40 PM  
Session 42  
2 Channel Alpha Theta  
Myself



Volume 9, Bear 30%, Get comfy chair



**Report**  
Slept well from 2 to 8. Fairly alert, focused and relaxed.

**Observation**  
Fz - Pz Alpha 10Hz Theta 7Hz 15min felt more aligned. More alert, focused and relaxed.

**Plan**  
Continue based on integration report.