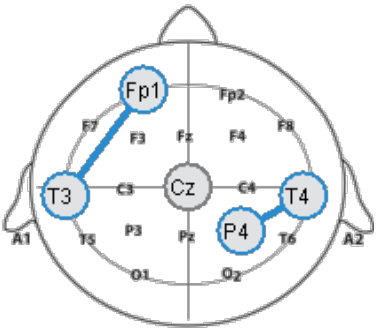


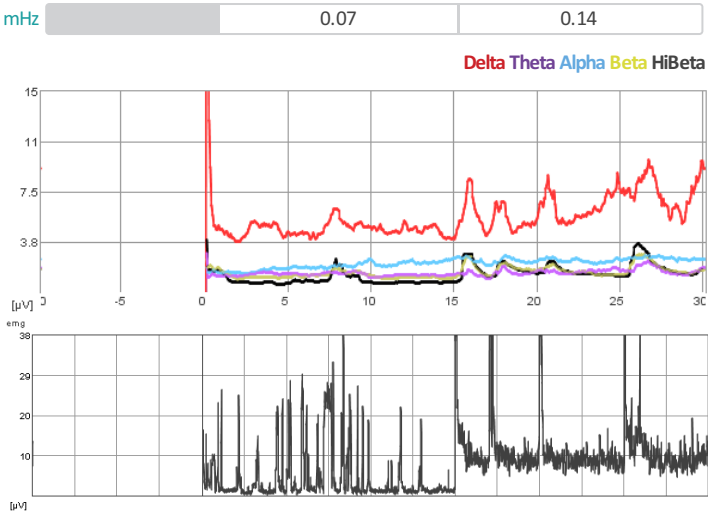
12
Monday - January 28, 2019
04:03 PM
Session 5
2 Channel ILF HD
Moir



Dreamscapes
Wilderness



TIME	SITE A	-	SITE B	FREQUENCY
15	P4 - Cz	-	T4 - Cz	0.07 mHz
15	T3 - Cz	-	Fp1 - Cz	0.14 mHz



Report
Slept well. Focus, Attention and relaxation - good.
Plan to add T3-Fp1 at .14

Observation
P4-T4 for 15 minutes - feeling wonderful!
Good focus, attention and relaxed. T3-FP1 - After 2 minutes, feeling good, more peaceful. 20 minutes in, feeling good. 25 minutes - all going well. At finish, realized that he wasn't as clear at end of second site as at end of first. Feeling good but not quite as good as at end of P4-T4

Plan
P4-T4 at .07 for 15 minutes and T3-FP1 at 0.14 for 15 minutes if integration good.