

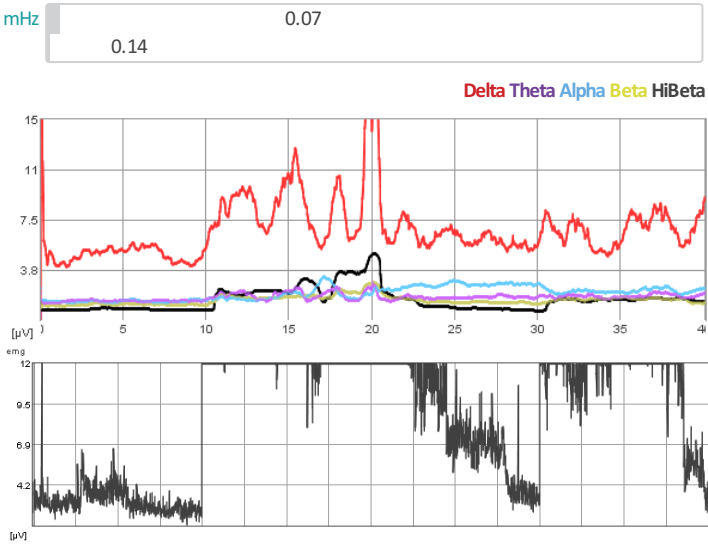
12  
Sunday - February 10, 2019  
02:43 PM  
Session 20  
2 Channel ILF HD  
Moir



Toy Train Adventures  
default with controller



TIME	SITE A	-	SITE B	FREQUENCY
10	P4 - Cz	-	T4 - Cz	0.07 mHz
10	T4 - Cz	-	Fp2 - Cz	0.07 mHz
10	T3 - Cz	-	T4 - Cz	0.07 mHz
10	T3 - Cz	-	Fp1 - Cz	0.14 mHz



**Report**  
Slept well. out like a light and woke up at 4:30 clear, alert and focused.

**Observation**  
T4-P4 .07 at 10 mins. fine.  
T4-Fp2 .07 at 16 mins suddenly dozy, at 17 mins reported at 18 mins and brightened up with questioning, at 20 mins still brighter self.  
T3-T4 .07 at 30 mins very dozy through the whole game.  
T3-Fp1 .07 at 40 mins felt dozy throughout a little sleepy

**Plan**  
Start Alpha Theta training next.