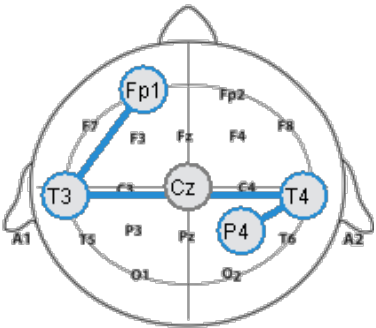


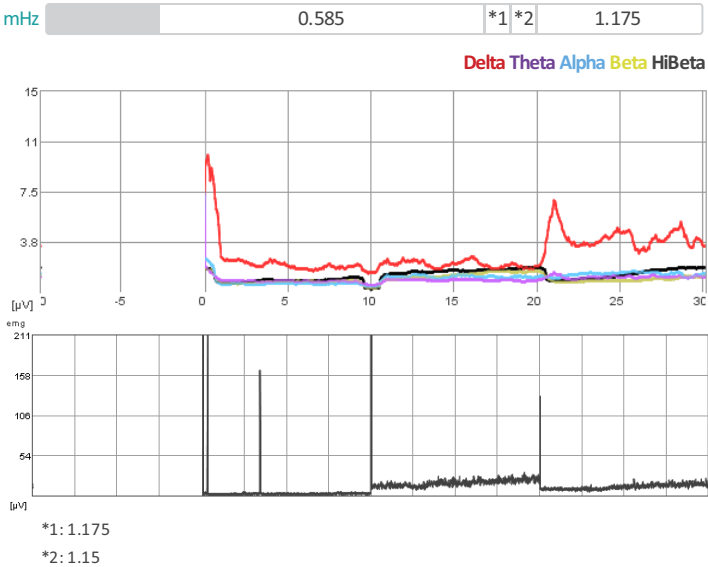
111111  
Monday - January 28, 2019  
05:37 PM  
Session 24  
2 Channel ILF HD  
Moir



Dreamscapes  
Wilderness



TIME	SITE A	-	SITE B	FREQUENCY
10	T4 - Cz	-	P4 - Cz	0.585 mHz
10	T3 - Cz	-	T4 - Cz	0.585 mHz
10	T3 - Cz	-	Fp1 - Cz	1.175 mHz



**Report**  
Slept well. Woke up a couple of times. to go to the bathroom.  
Energy wanes a little in the afternoon after the weekend.  
Alertness good, Focus good.

**Observation**  
T4-P4 .585 at 10 mins relaxation, alertness, focus - good  
T3-T4 .585 at 10 mins relaxation, alertness, focus - good  
T3-Fp1 1.175 at mins relaxation, alertness, focus - good

**Plan**  
Carry on with T4-P4 .585 at 10 mins  
Carry on with T3-T4 .585 at 10 mins  
Carry on with T3-Fp1 1.175 at mins