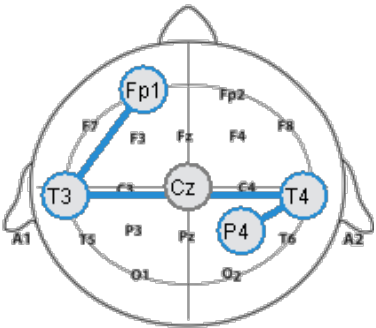


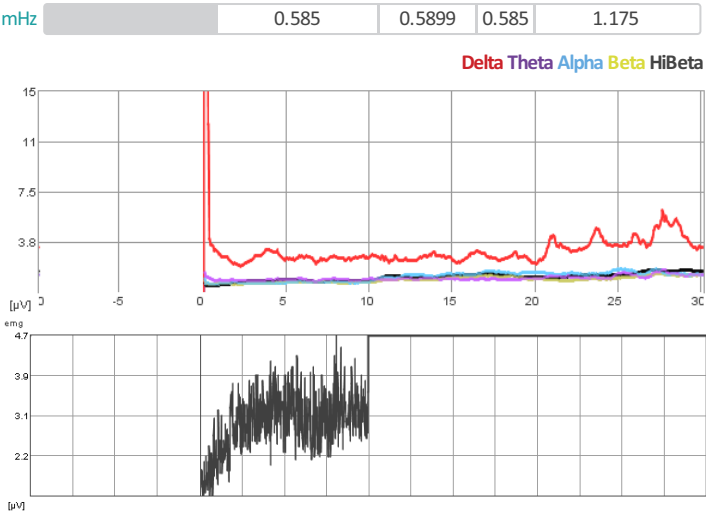
111111  
Tuesday - January 29, 2019  
04:21 PM  
Session 25  
2 Channel ILF HD  
Moira + Deb



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 about 1:00 jerk caused lower jaw to hurt.  
Alertness - last 45 mins tired, focus - good, mood - good, relaxed.

**Observation**  
T4-P4 .585 at 10 mins focus - good, alertness - good, relaxed  
T3-T4 .585 at 20 mins relaxed, focus, attention - good  
T3-Fp1 1.175 at 30 mins. Feeling alert, relaxed and focused at end of session.

**Plan**  
Carry on with T4-P4 .585 at 10 mins.  
Carry on with T3-P3 .585 at 10 mins.  
Carry on with T3-Fp1 1.175 at 10 mins.