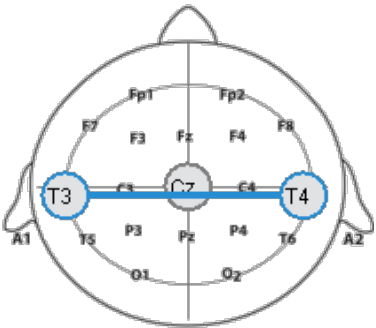


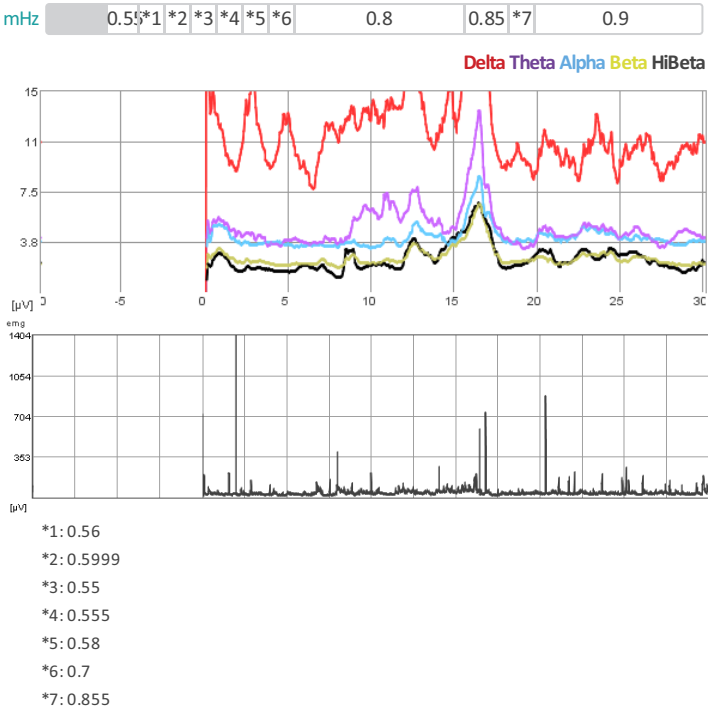
1925
Thursday - February 21, 2019
04:20 PM
Session 1
2 Channel ILF HD
Moir



Particle World
Valley



TIME	SITE A	-	SITE B	FREQUENCY
2	T3 - Cz	-	T4 - Cz	0.9 mHz



Report
Slept well. Relaxed not that focused though not as sleepy as yesterday.

Observation
T3-T4 .55 2 mins head feels calm
t3-T4 .56 3 mins not watching TV
T3-T4 .55 5 mins very restful
T3-T4 .7 6 mins very dozy
T3-T4 .8 8 mins very dozy and a till more interesting
T3-T4 .8 16 min sleepy and had to go to the bathroom
T3-T4 .85 20 mins sleepy
T3-T4 .9 22 mins brighter.
T3-T4 .9 30 mins calm, not brighter. Tremor is the same.Fines it takes more focusing than she usually does.

Plan
Continue to fine sweet spot.