



# THE NEW JERSEY INSTITUTE FOR NEUROFEEDBACK

## **INSTRUCTIONS FOR BRAIN MAPPING**

1. Do not drink any caffeine containing beverage the morning of your mapping. Otherwise, eat and drink normally.
2. Arrive with dry hair the day of the mapping. Hairsprays, gels or other hair products can interfere with the readings.
3. Do not take stimulants the morning of the mapping. Take your other medications as directed. Please be sure to let us know the medicines you are taking.
4. Have your cell phone off throughout the mapping.
5. During the mapping, a cap will be placed on your head with sensors that connect to your scalp using Electro Gel. Once all the connections are made and calibrated, data collection will begin. This will take 12 minutes and you will be asked to have your eyes open for 6 minutes and closed for 6 minutes.
6. In order to ensure accurate results, you should relax, breathe normally, and remain quiet and still as much as possible throughout the data collection.
7. Know that after mapping, your hair will have a good amount of Electro Gel, a conducting agent. We will have a towel for you to use afterwards and ask that you please bring anything else such as a cap or scarf with you, if you choose.
8. A Cognitive emotional checklist must be completed by you in order to print your Brain map. This is a vital piece of information for your assessment. We ask that you arrive 15 minutes early to complete this in our office. You can also complete this after the mapping in our office or at home but it must be done in order for us to print your Brain map before your Report of findings visit. If you would like to complete this on your own, kindly let us know during your Brain mapping visit and we will give you a username and password and you can go to [www.clearmindmaps.com](http://www.clearmindmaps.com) , click the CEC tab, and begin your checklist.
9. Should you have any questions, please call 732-543-0999