

# Power Point Manual

**Get On The  
BUS**



**BrainMaster  
Universe  
Simplified**



**“focus”**  
level 1  
(No Changes)

# Focus

## Level 1

- At level 1 the “Focus” Setting provides SMR or LoBeta (12Hz - 15Hz) enhancement at C4.
- By providing elevation of SMR at C4 the client may achieve a heightened sense of calm, focus, and attention with reduced impulsivity and more restful sleep.

*All protocols are for demo and research purposes only. Clinicians must determine protocol choices. All protocols must be used within scope of practice and scope of competence.*

# Focus

## Level 1

- While SMR is being enhanced, theta (4Hz - 7Hz) is inhibited. Theta is a measure of how internally focused one is. Being internally focused, one may be concentrating on self inventory or daydreaming which is contrary to being “Focused”. Therefore a client is trained to maintain lower levels of theta while increasing levels of SMR.

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# Focus

## Level 1

- While SMR is being enhanced, hiebeta (20Hz - 30Hz) is inhibited. Hiebeta is a measure of how hypervigilant or anxious one may be. Being anxious, one shuffles through many unfocused thoughts which is contrary to being “Focused”. Therefore a client is trained to maintain lower levels of hiebeta while increasing levels of SMR.

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# Focus

Level 1

## Lets Begin

- Make Sure the Atlantis Amplifier is plugged in.

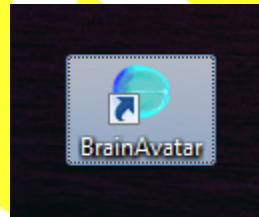


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# Focus

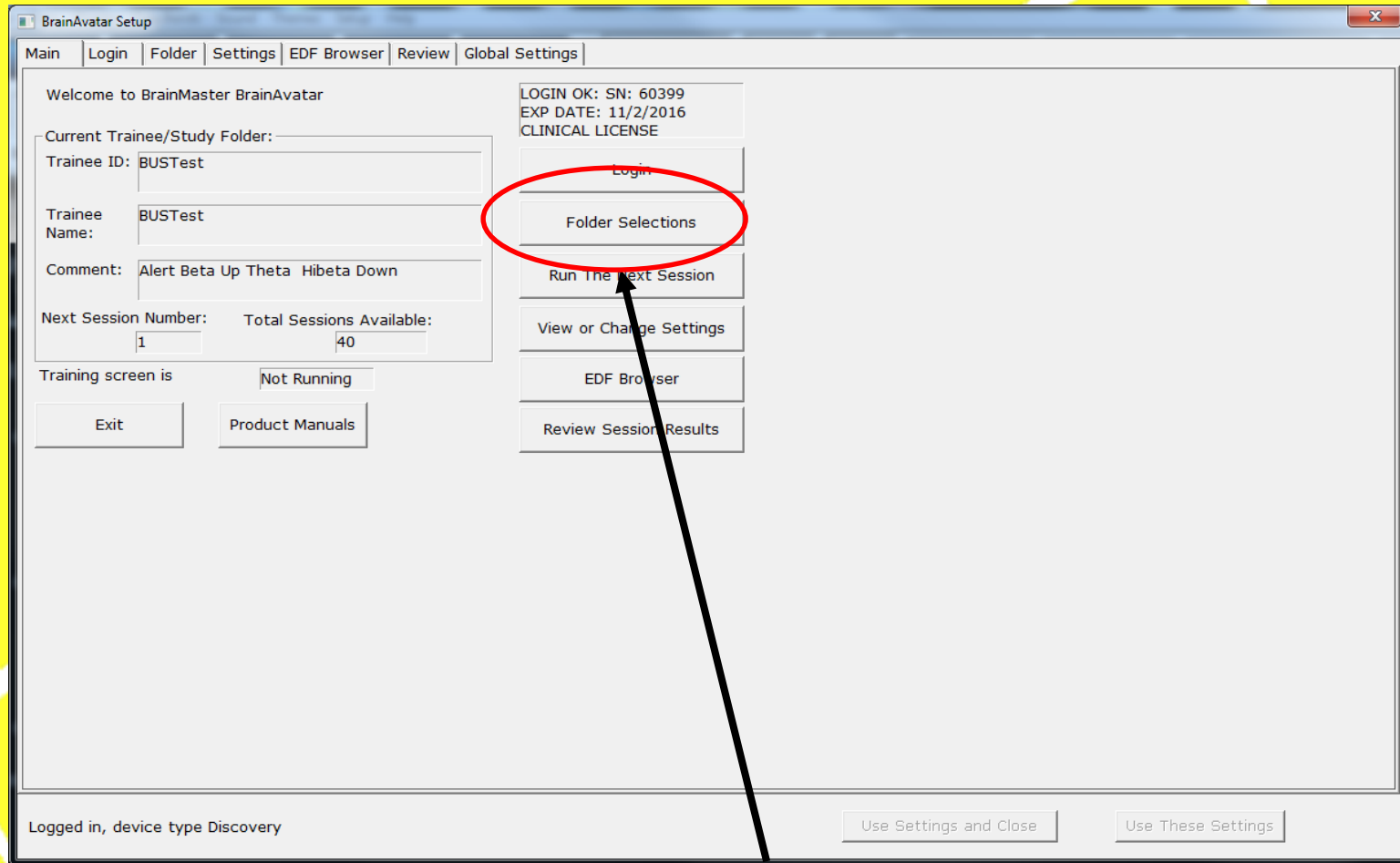
## Level 1

- Open BrainAvatar by double-clicking the BrainAvatar Icon



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- The BrainAvatar Setup Window will Appear



- Click “Folder Selections”.

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- The Select Folder Screen will appear.

BrainAvatar Setup

Main | Login | Folder | Settings | EDF Browser | Review | Global Settings

Select Folder | Create Folder | Folder Notes | Session Librarian | Edit Folder Info.

Select Folder: (you may double-click to select)

Study Name	Birth Date	Sess	Max	Comment	Technician	Physician	Trainee Name	Created	Modified
..									
BUSTest	2000-7-4	40		Alert Beta Up T...	EEG tech		BUSTest	2016-8-3	2016-8-3

Study Name (Trainee ID): BroJad4chPZOKP3P4O1O2

Trainee Name: BroJad4chPZOKP3P4O1O2

Comment: comment

Sessions Used: 4

Max Sessions: 40

Session Librarian

Administer Session Genie | Push Current Study to Server and Delete | Archive Current Study | Archive Current Study and Delete

Create New Folder

Folder Notes

Edit Folder Info.

Select And Run

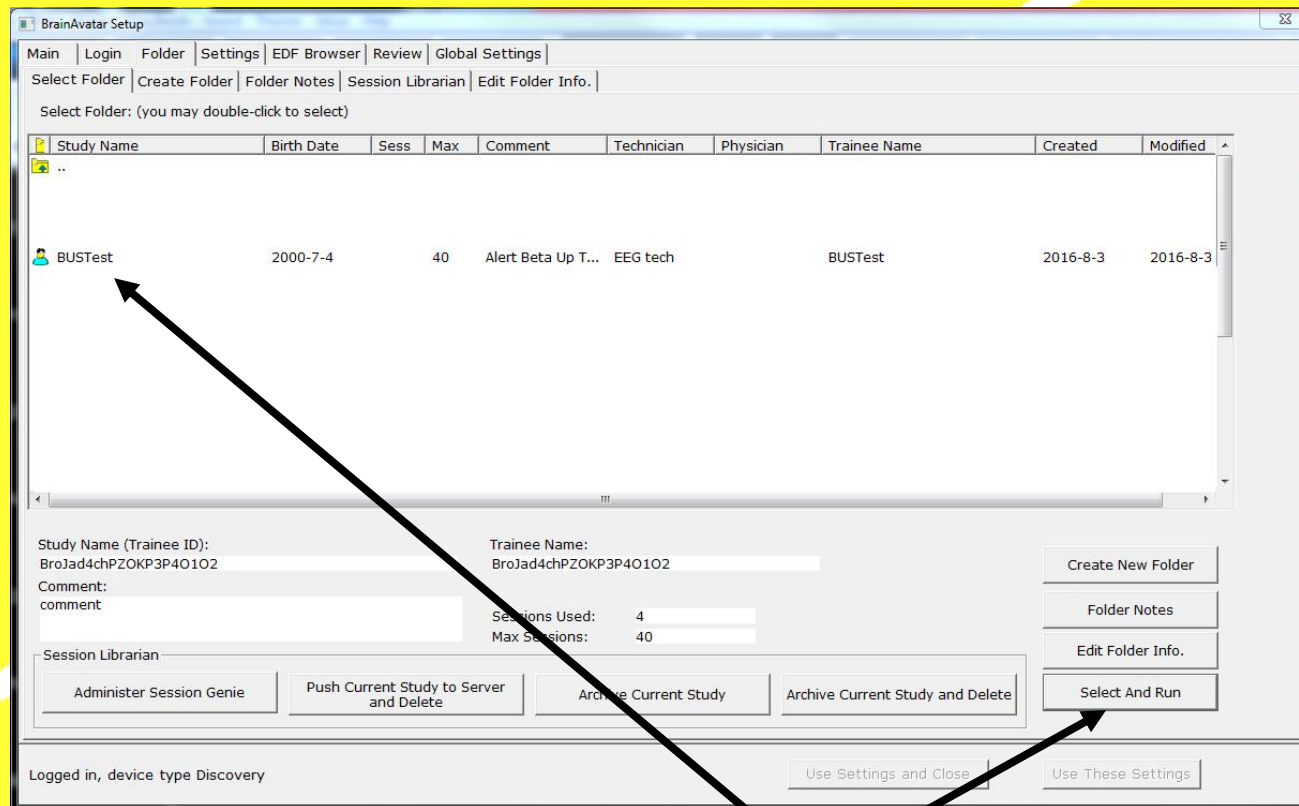
Logged in, device type Discovery

Use Settings and Close | Use These Settings

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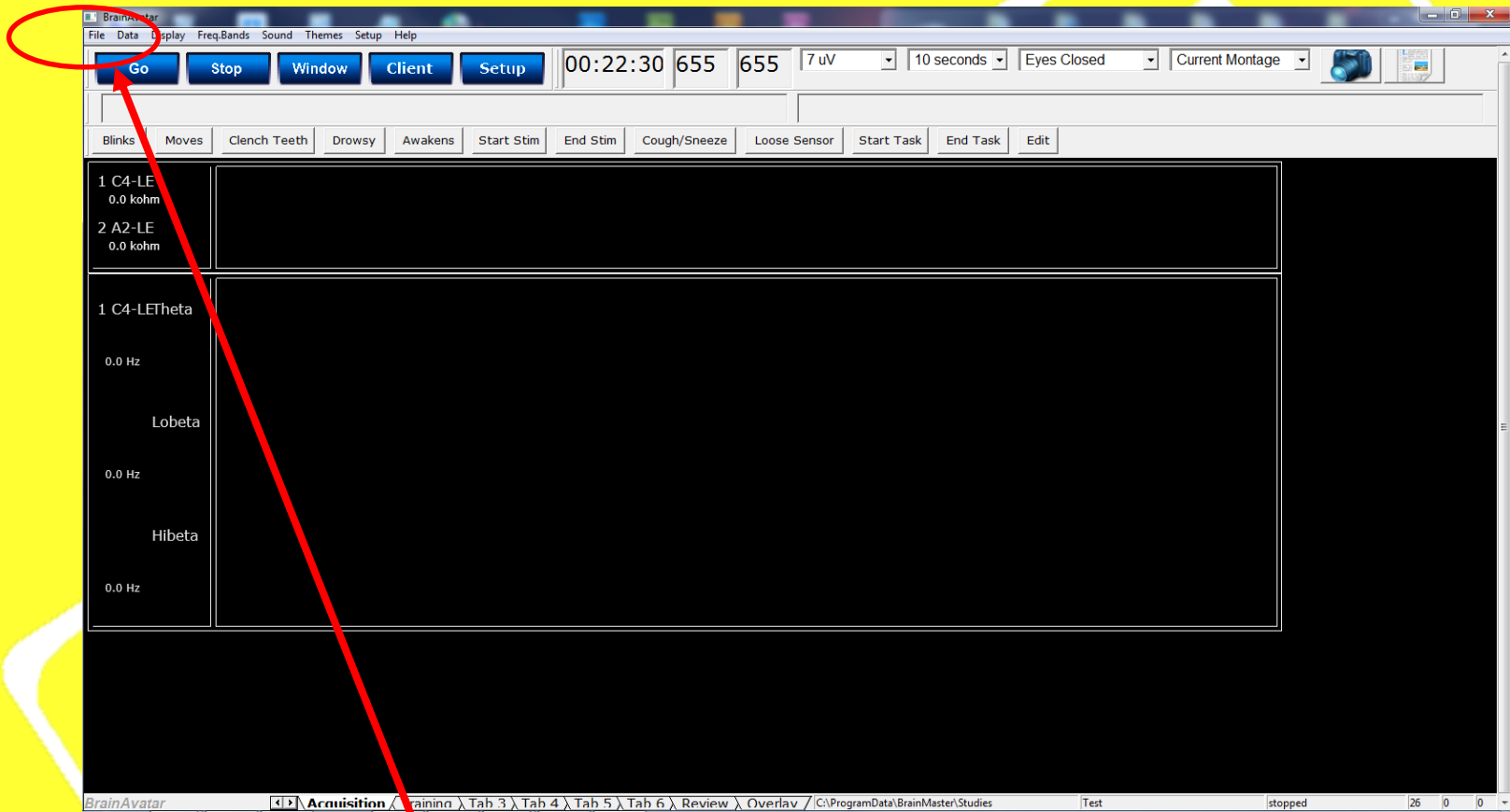
- The Select Folder Screen will appear.



- Click the Study (Folder) you would like to open (in this case BUSTest) and then click “Select and Run”.

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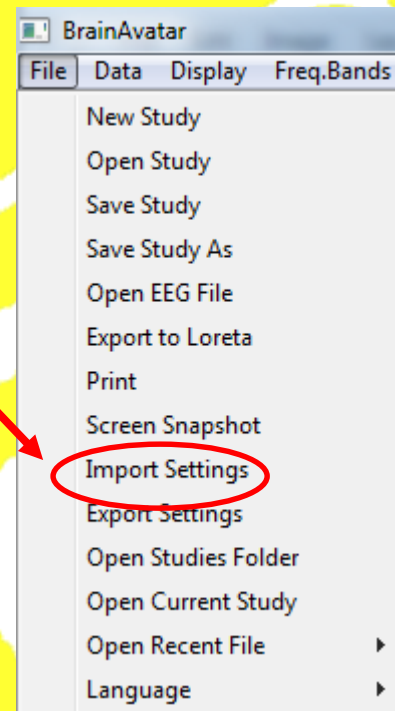
- The BrainAvatar Acquisition Screen is illuminated. Let's load the original FOCUS Level 1 Setting File.



- Click “File” from the Main Menu at the top.

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- Next click “Import Settings”



- Scroll to find the original Focus Level 1 File and double click it.

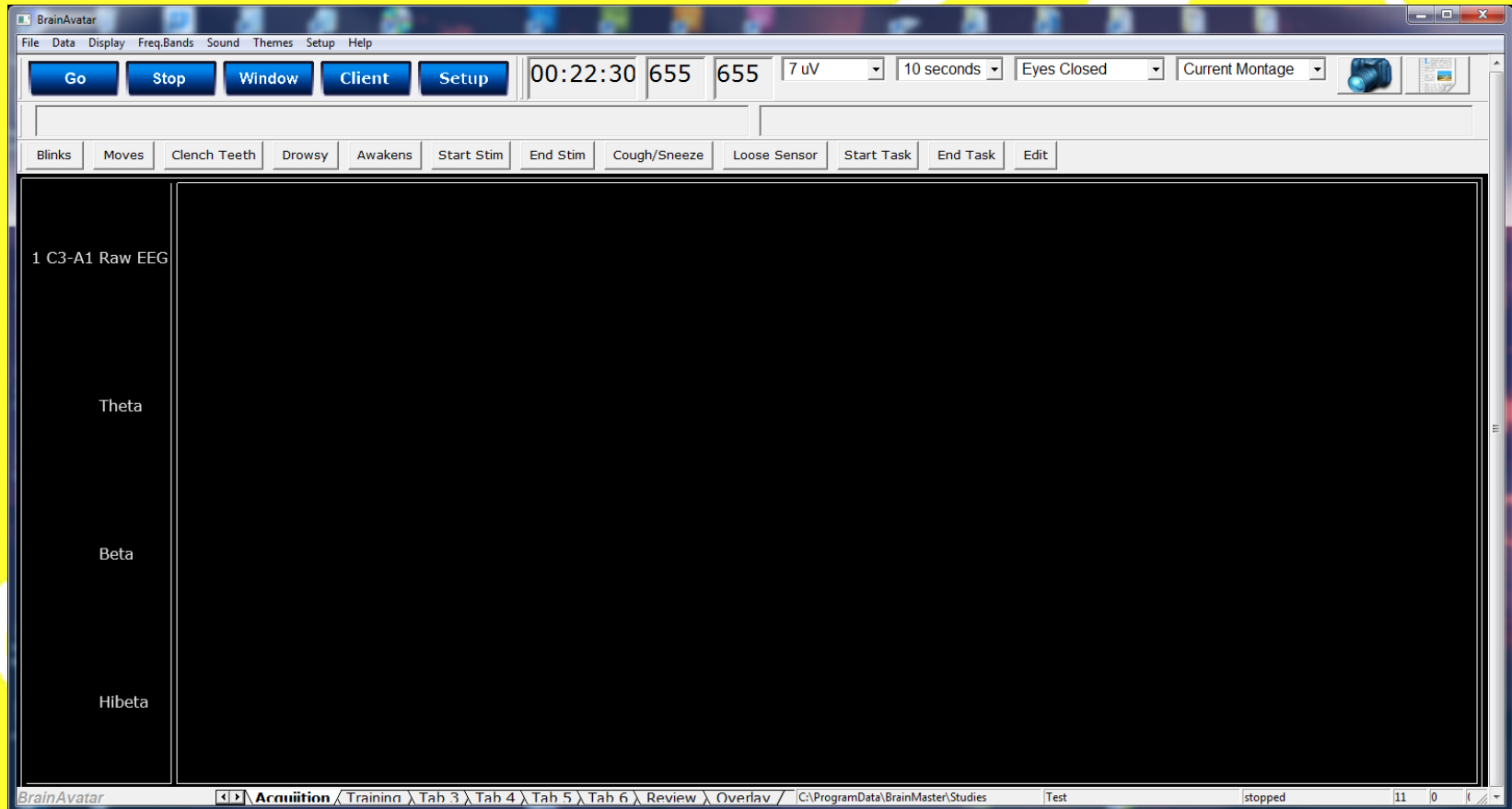
Name	Date modified	Type	Size
0401001Focus.bdb2	11/17/2015 12:56 ...	BDB2 File	142 KB

- The original Focus Level 1 setting is imported into the Client’s Study and is now ready for modification.

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# FOCUS

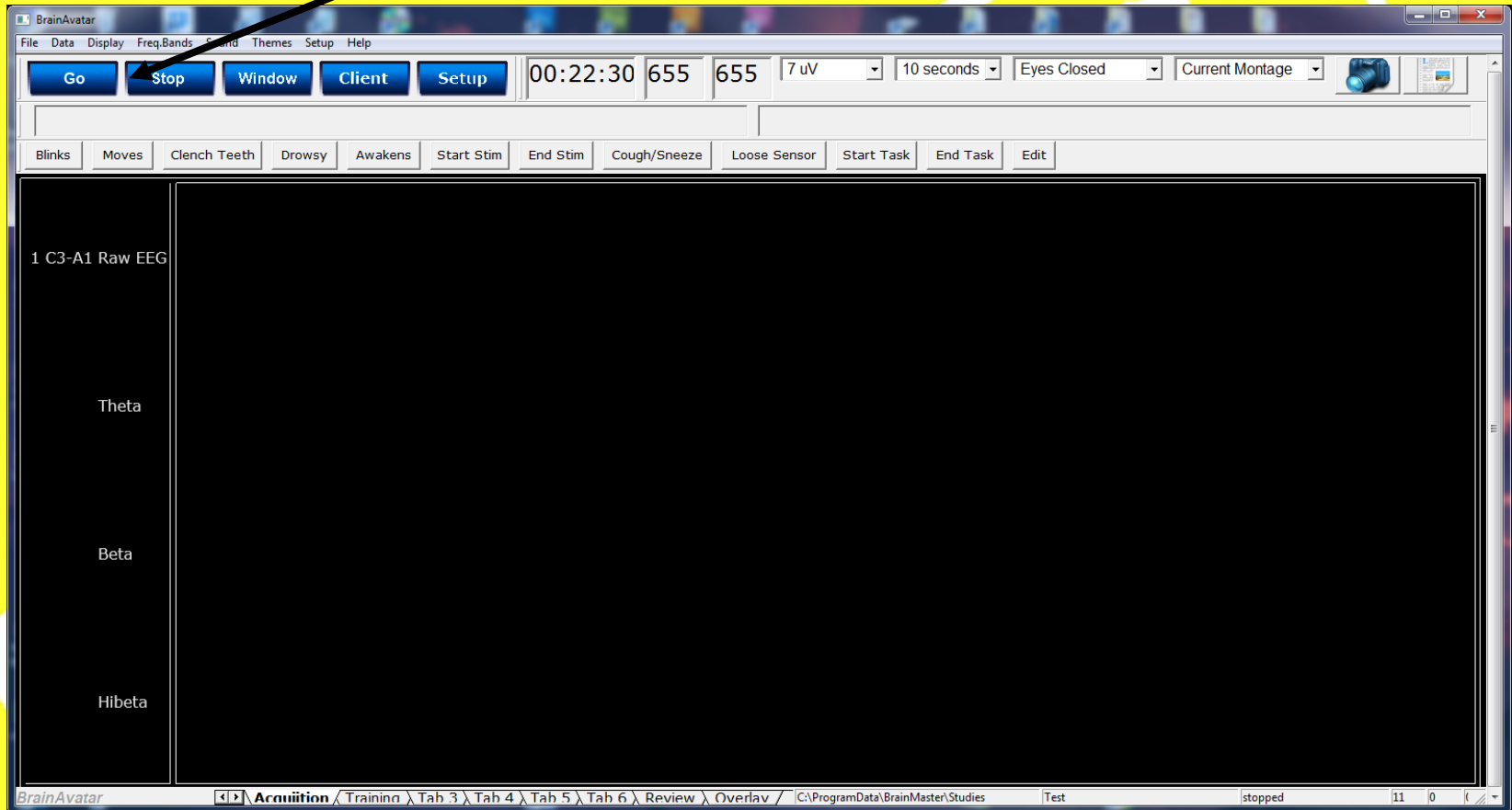
The Protocol is now ready to run



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# Focus

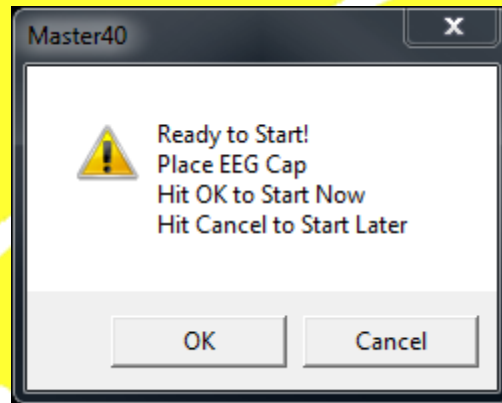
Click the “Go” Button



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# Focus

The Following Pop Up will appear



This is an indication to do one of two things:

1. Place an electrode at C4 and the other end into the “A1” slot of the Atlantis Cable.
2. Attached the two ear clips and place one end into the “R1” slot and the other end into the “G” slot of the Atlantis Cable.

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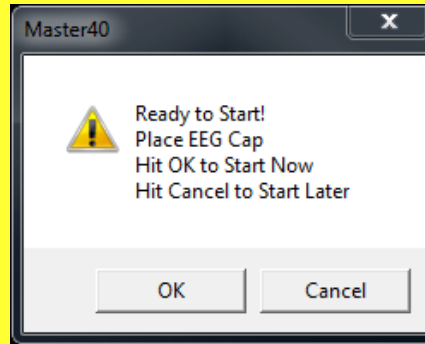
# Focus



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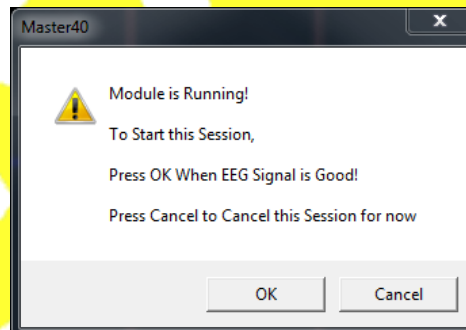


# Click “OK”



When you hit OK BrainAvatar will begin recording EEG.

1. Check to make sure that the EEG is recording properly.
  - a. If not then check all your connections and impedances. Make sure there is no interference and that all cell phones are off
  - b. If the EEG is correct then hit OK on the Pop Up and the session has begun.



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# Focus

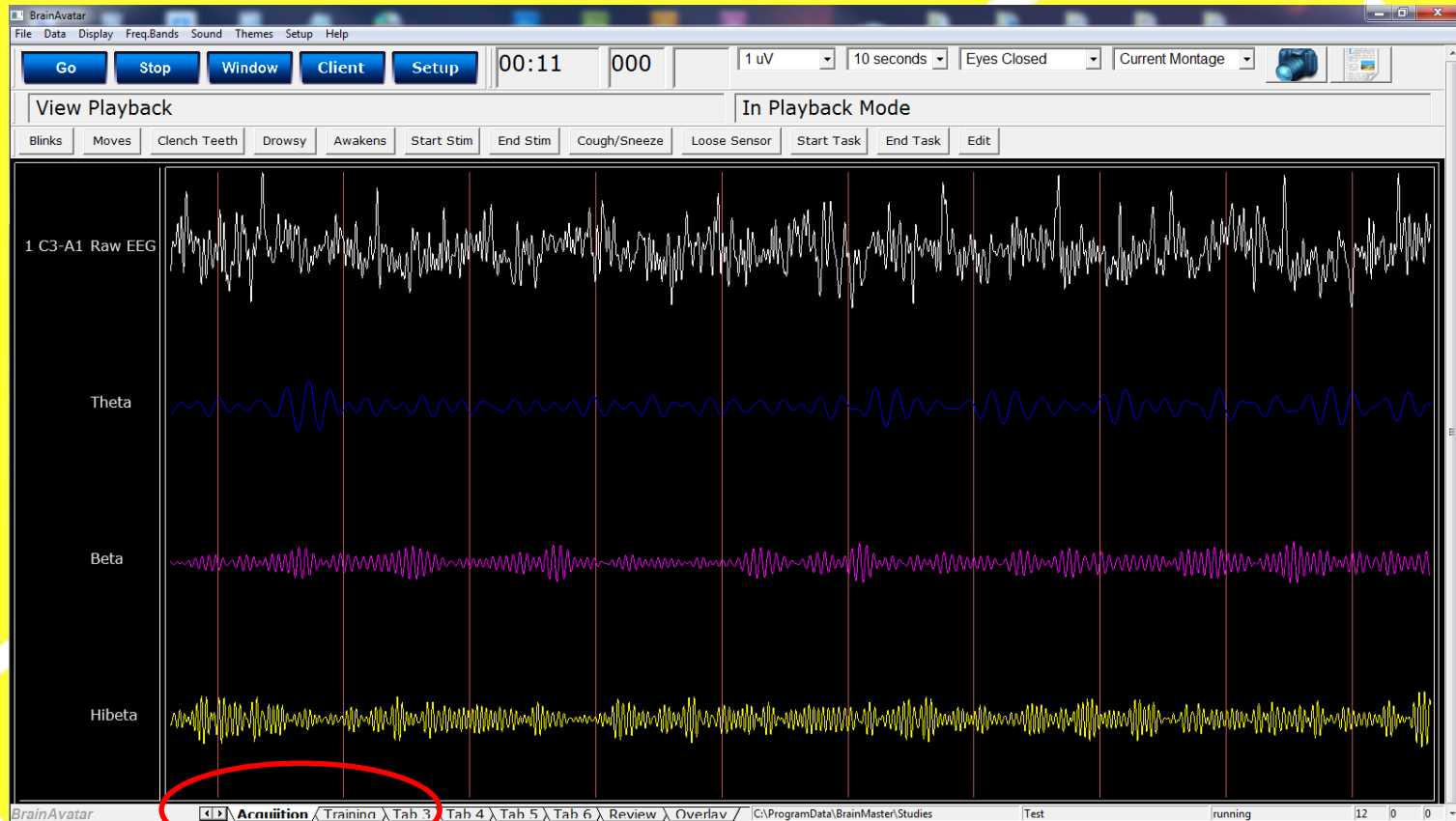
The protocol is designed to run for :

1. 10 contiguous 3 minute runs or 30 minutes. You may shorten the length of the session by clicking the “STOP” key at any time.
2. Thresholding is Automatic meaning that reward and inhibits are set automatically by the program.
  - a. Theta inhibit is set automatically at 20% of the time over threshold and is reset at the beginning of each 3 minute round.
  - b. SMR reward is set at 60% of the time over threshold and is reset at the beginning of each 3 minute round.
  - c. HiBeta inhibit is set at 10% of the time over threshold and is reset at the beginning of each 3 minute round.
3. Points are accumulated at the top of the screen
4. A variety of games are provided to help engage the client

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# Focus

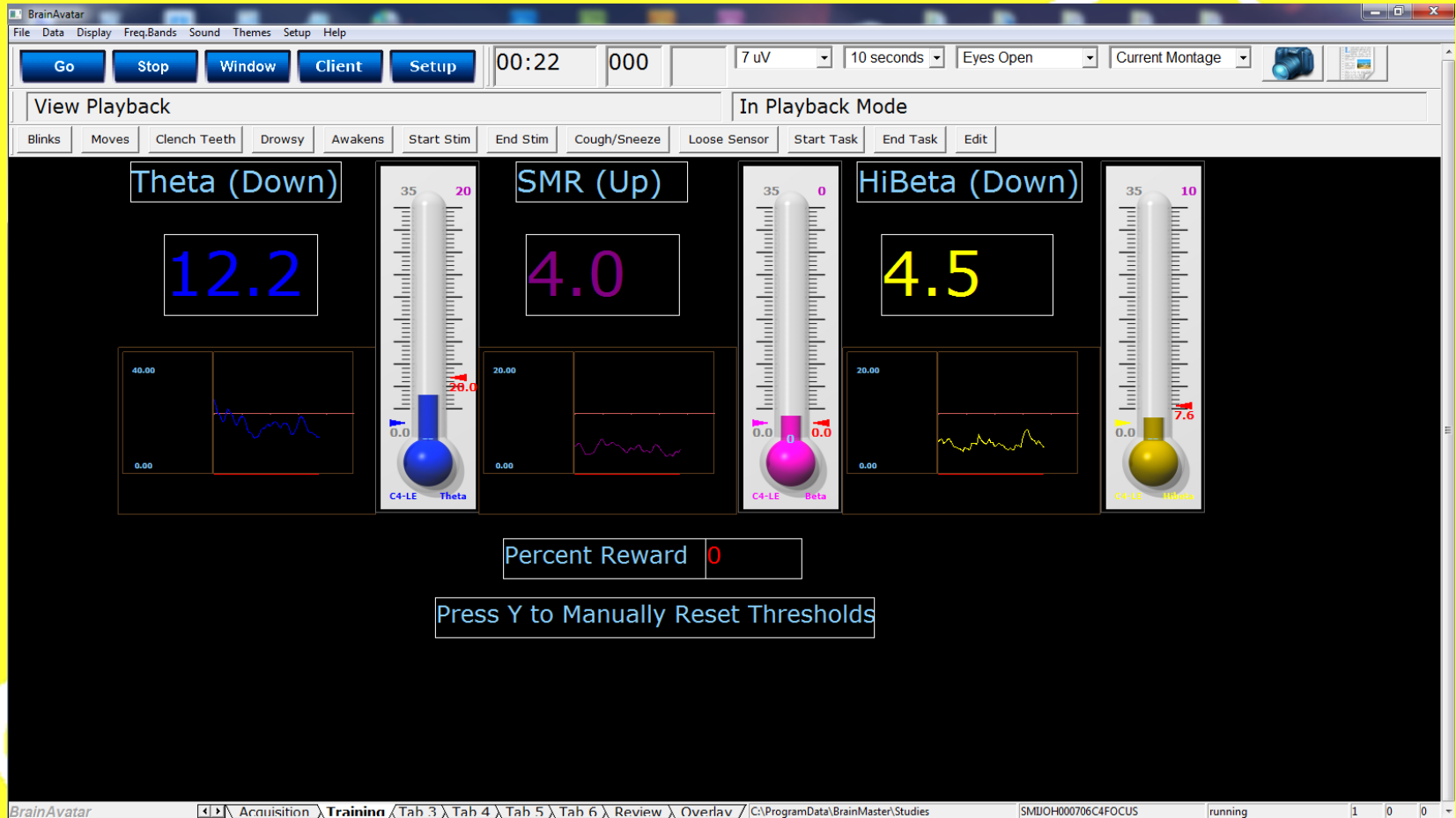
Take a moment and check that the EEG is good. If not, then take necessary action



Next...please switch from the Acquisition Tab to the Training Tab

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# Focus



Your screen should now look something like this

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Start Session      Stop Session      Countdown Timer started at 30 min      Points scored when all criteria have been met



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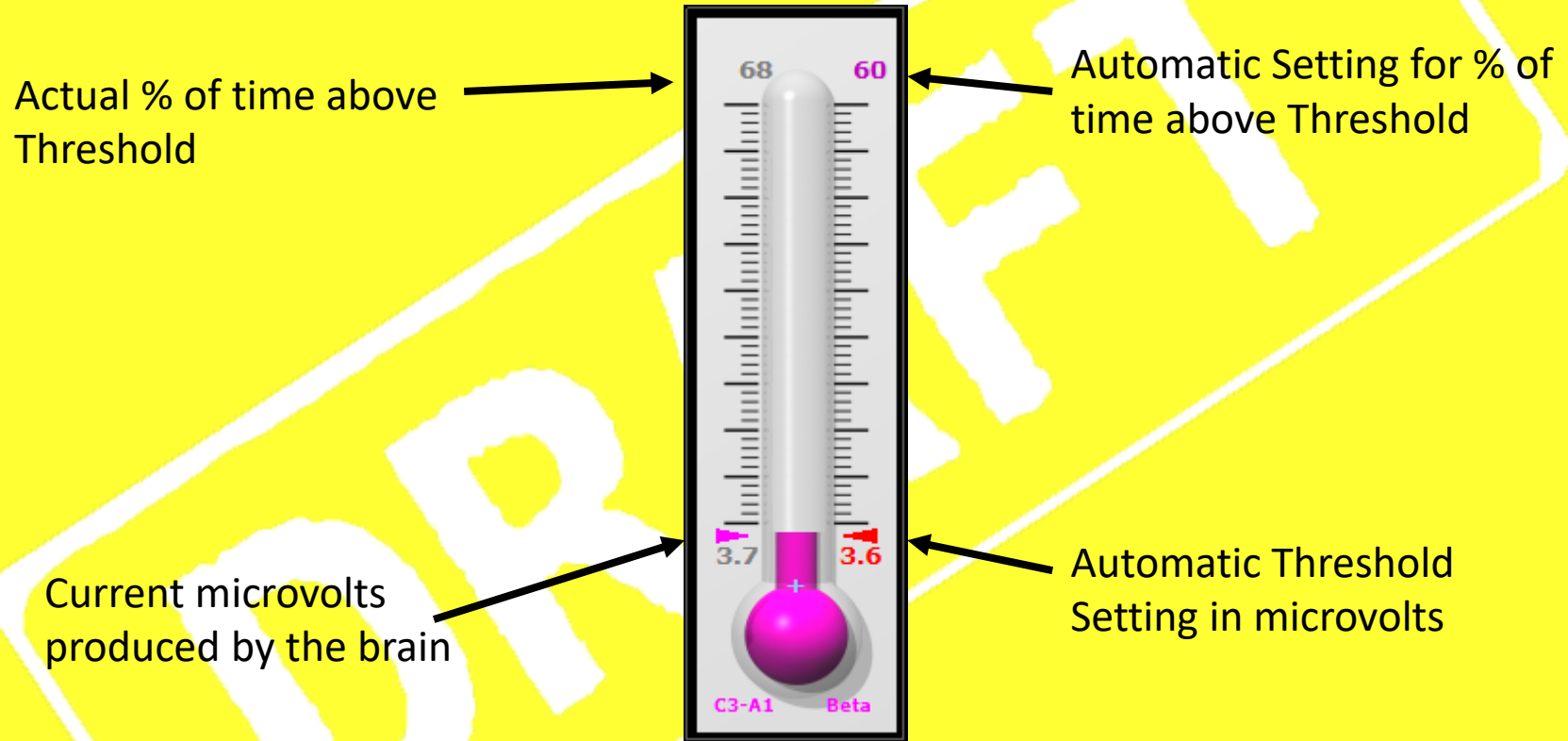
# Focus

TO PRIME THE AUTOMATIC  
THRESHOLDING CLICK THE “Y” KEY  
THIRTY (30) SECONDS AFTER THE  
PROGRAM HAS STARTED.

If there seems to be a disparity between the automatic thresholding and the actual microvolts, clicking the “Y” key anytime will cause the threshold to equal the actual performance of the client and resume thresholding at that point.

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# Reading the Thermometer

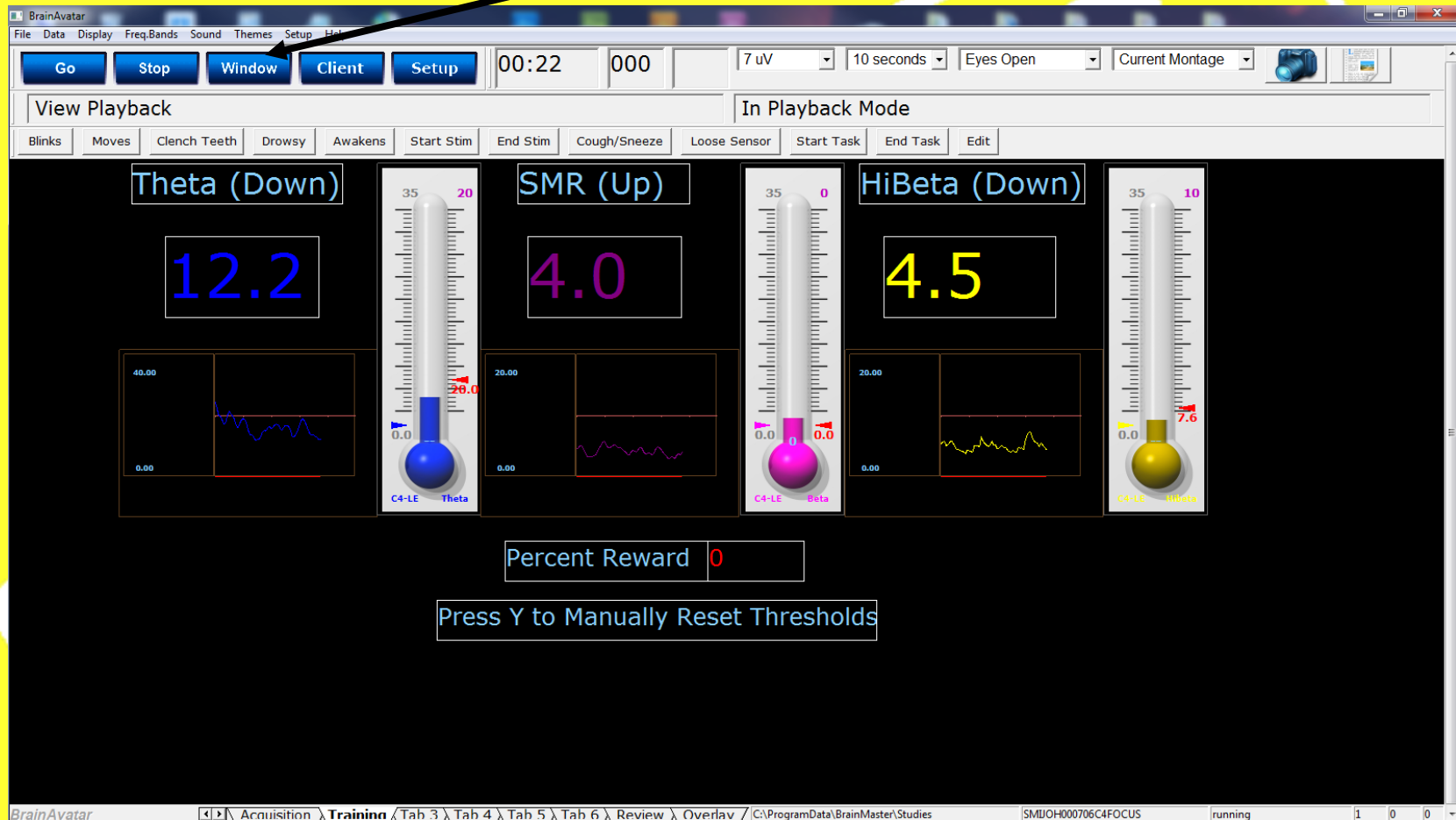


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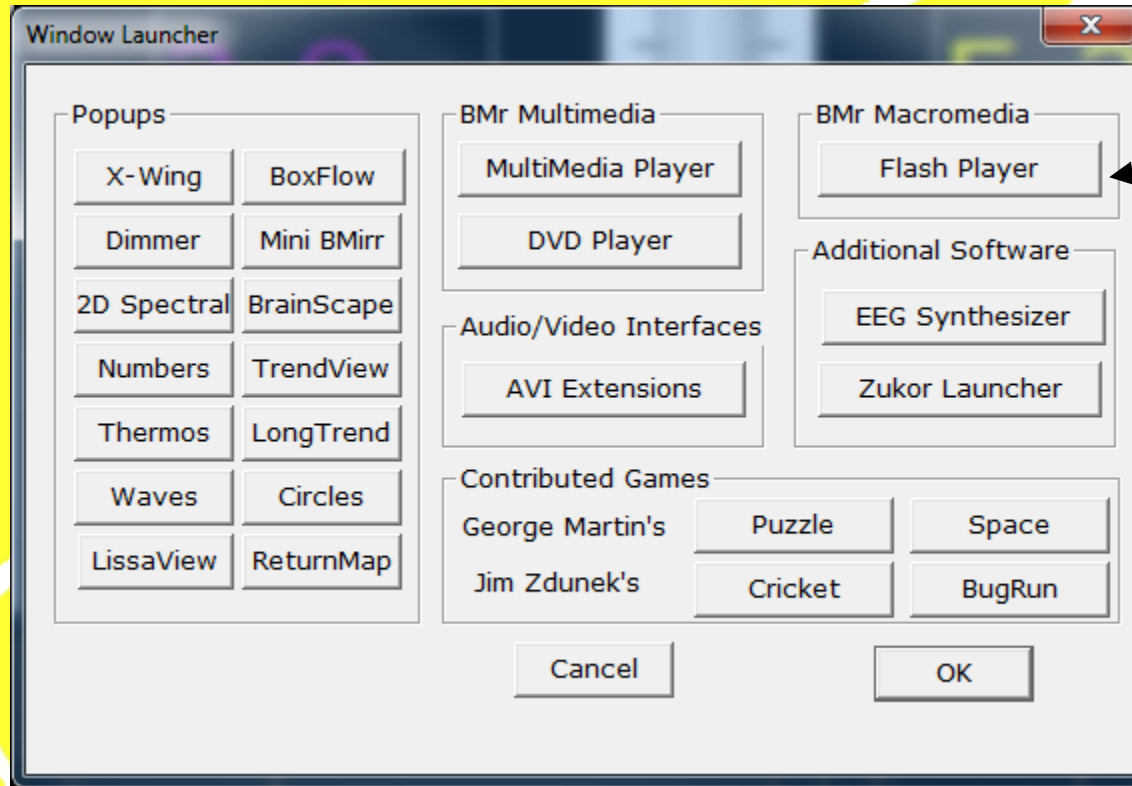
# Flash Player for Games

Click "Window"



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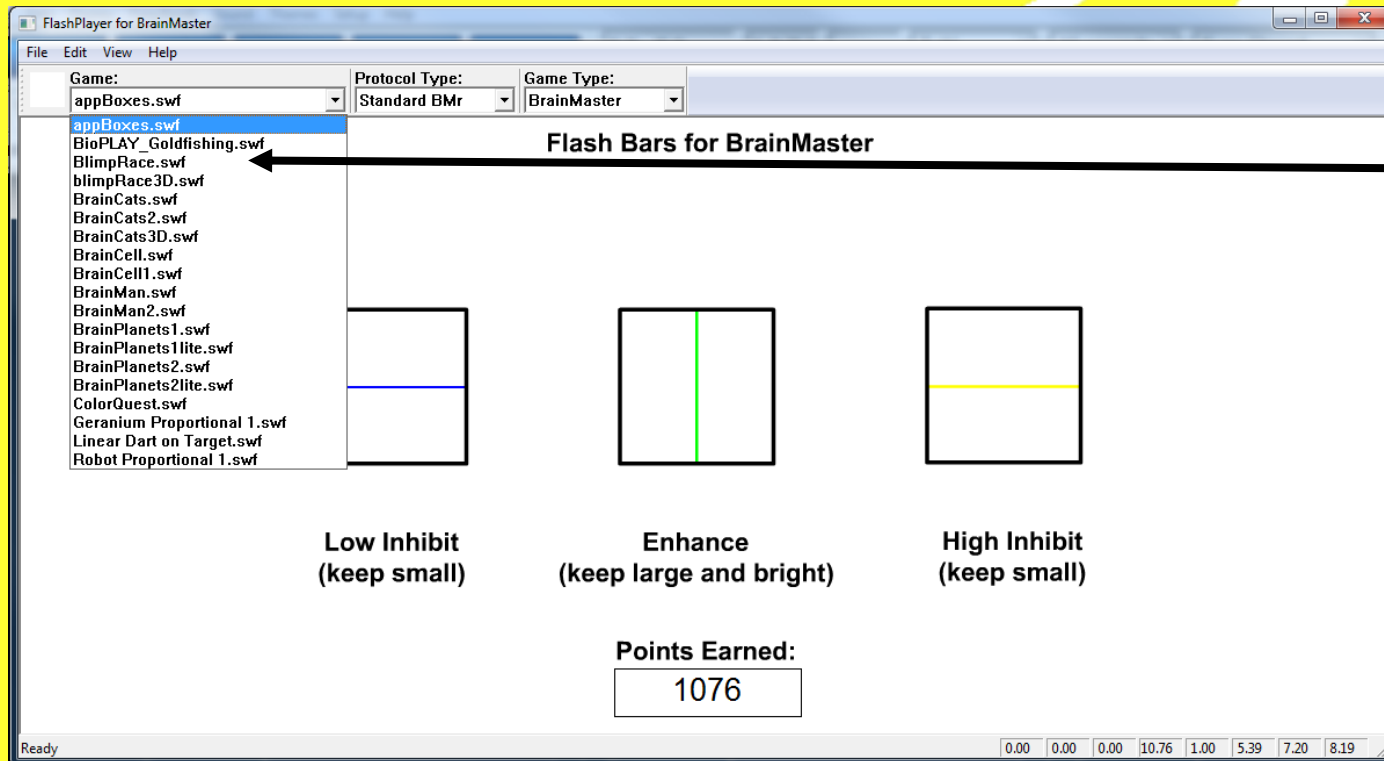
# Flash Player for Games



Click "Flash Player"

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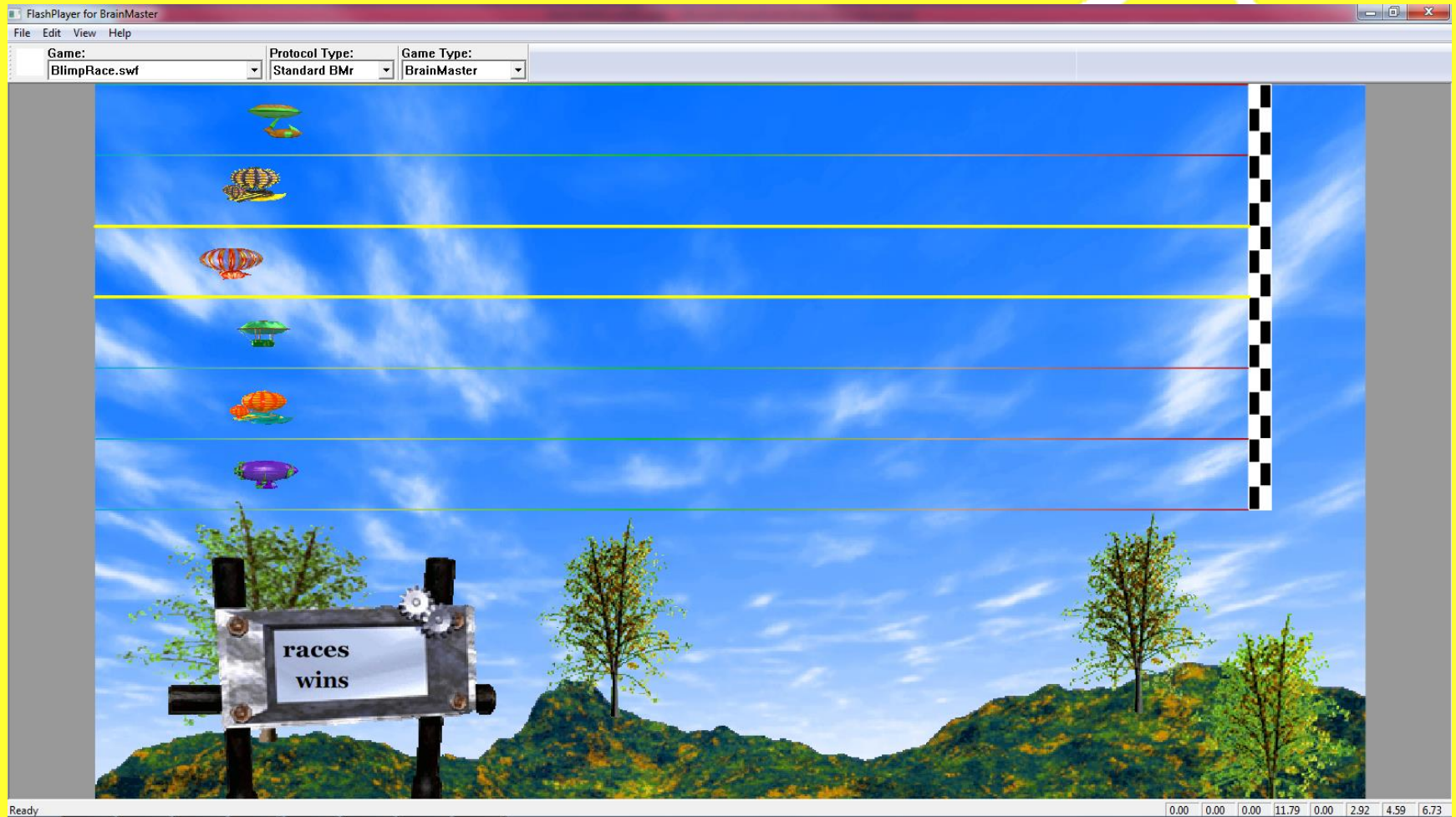
# Flash Player for Games



Click "Blimp Race"

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# Blimp Race

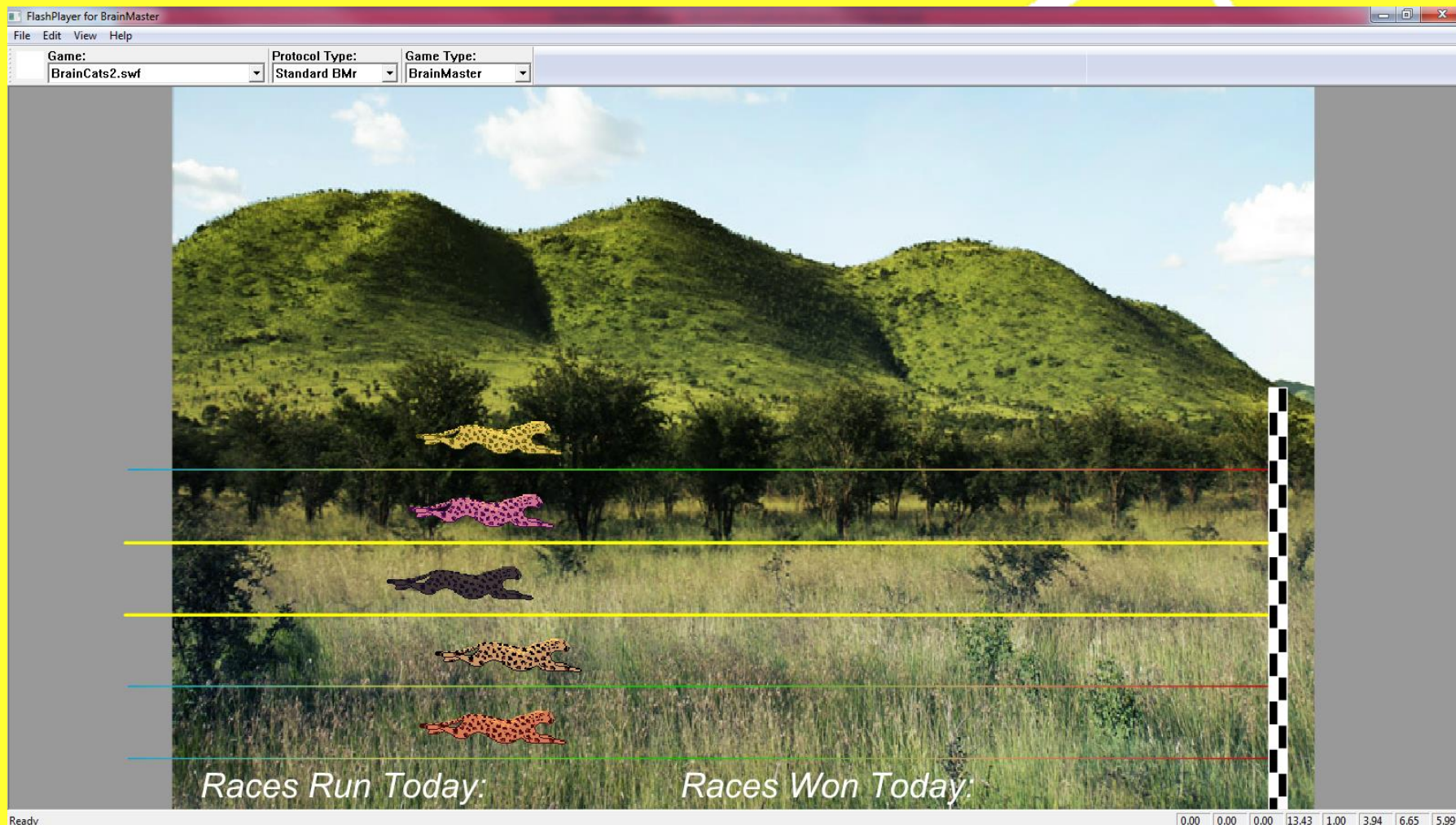


The blimp advances and the lane flashes yellow each time all three criteria are met.

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# Brain Cats 2

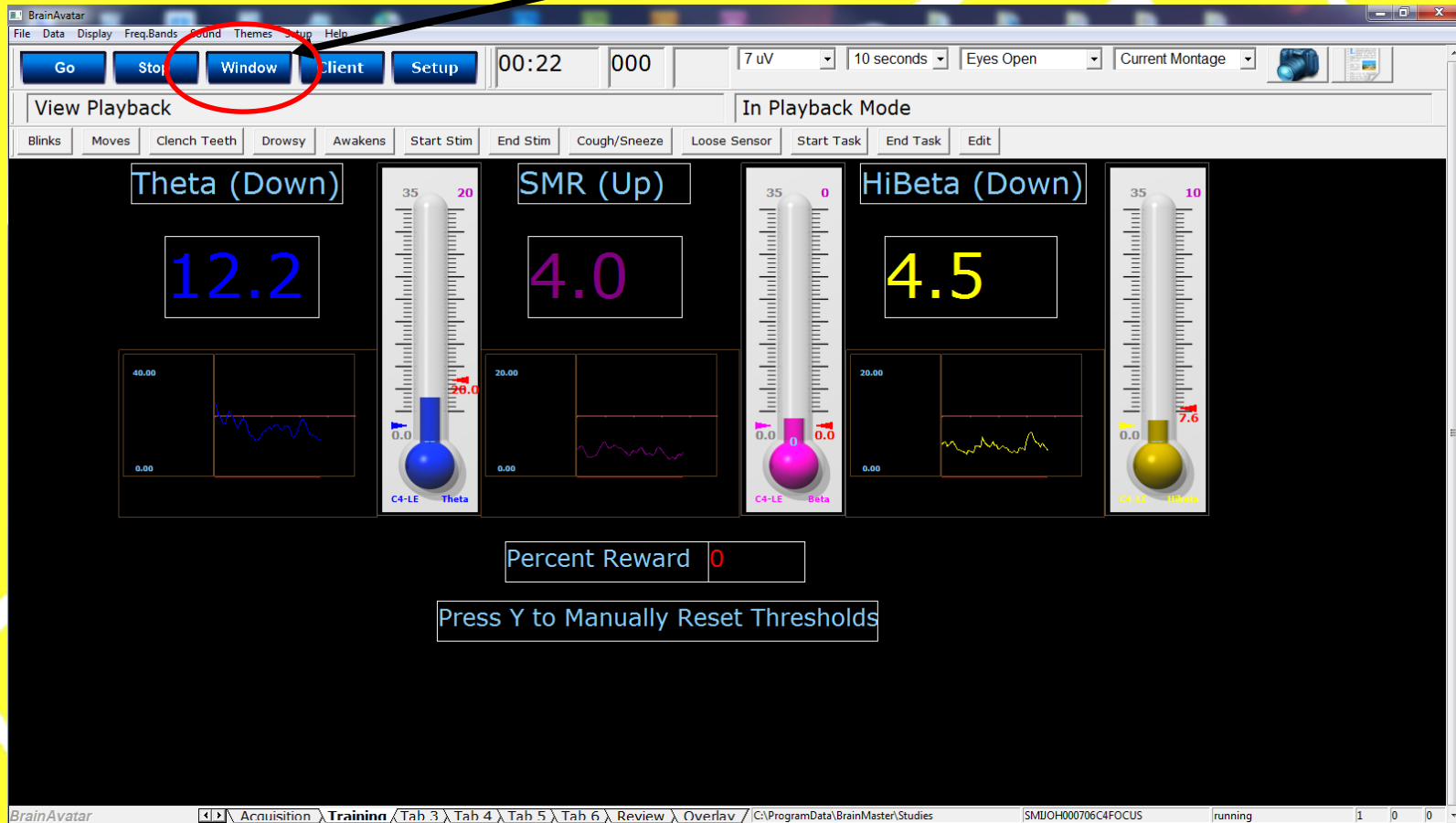


The Cat advances and the lane flashes yellow each time all three criteria are met.

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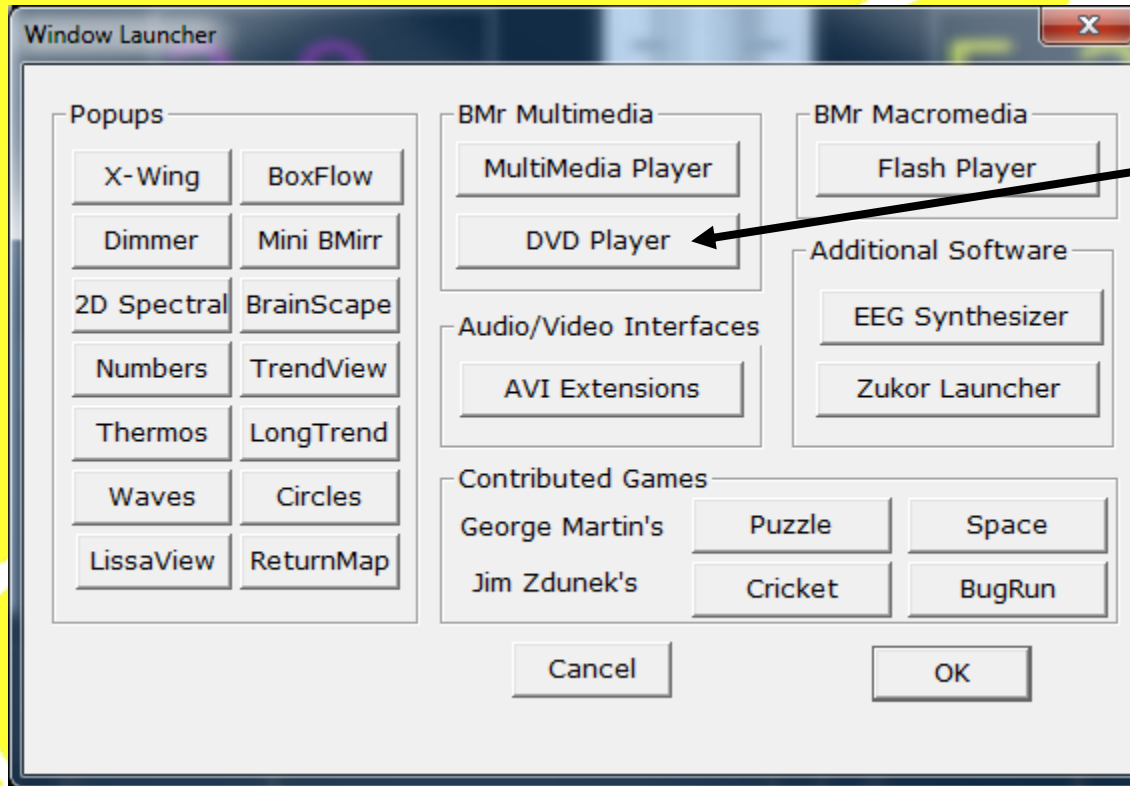
# DVD's

Click "Window"



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# DVD's



Place a DVD in the DVD Player

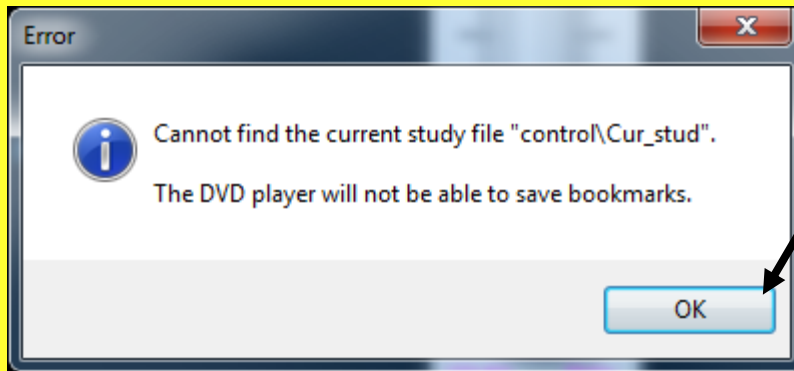
When the default DVD Player engages "CLOSE IT"

Click "DVD Player"

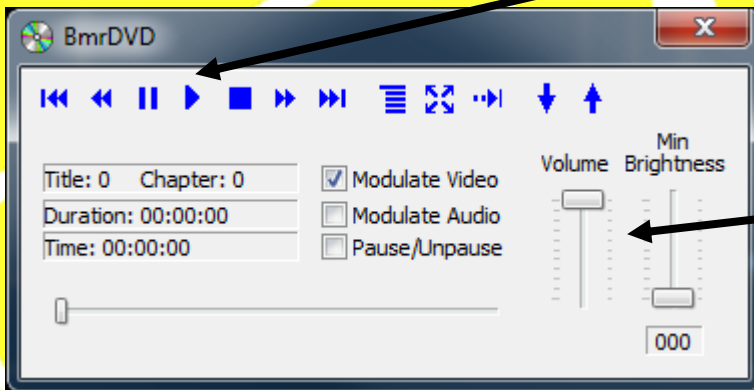
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# DVD's



If this error message pops up simply click OK



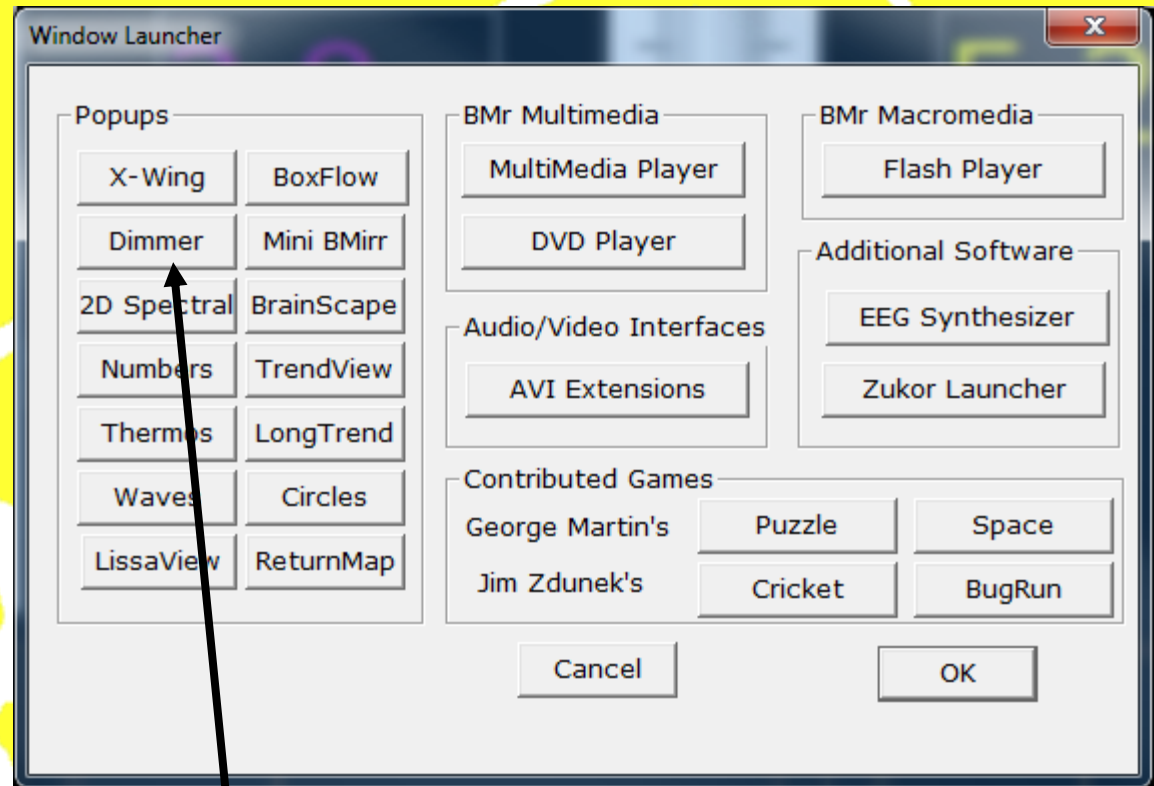
Next this typical DVD control box will appear. Hit the play button to start the DVD

The DVD will brighten and get louder when criteria are met. Adjust the volume and brightness with the sliders.

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# The Dimmer

The Dimmer is a device which may be used with any DVD, Media Player, internet app or YouTube to provide feedback to the client from any BrainAvatar Setting.



Before clicking “Dimmer” choose a media source

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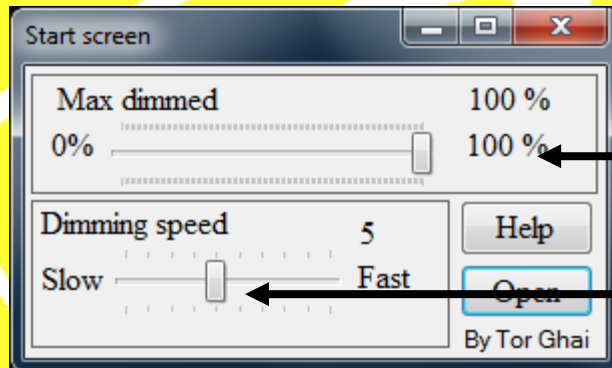
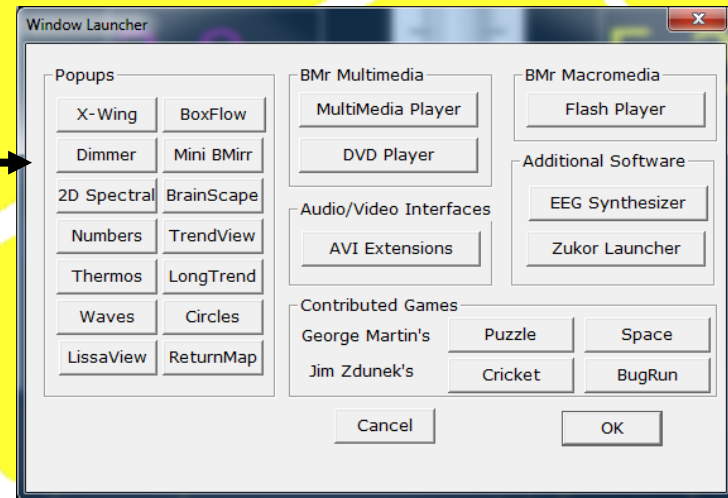
Choose a media source – in this case “YouTube”



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# The Dimmer

Select Dimmer



The Start Screen Window Opens

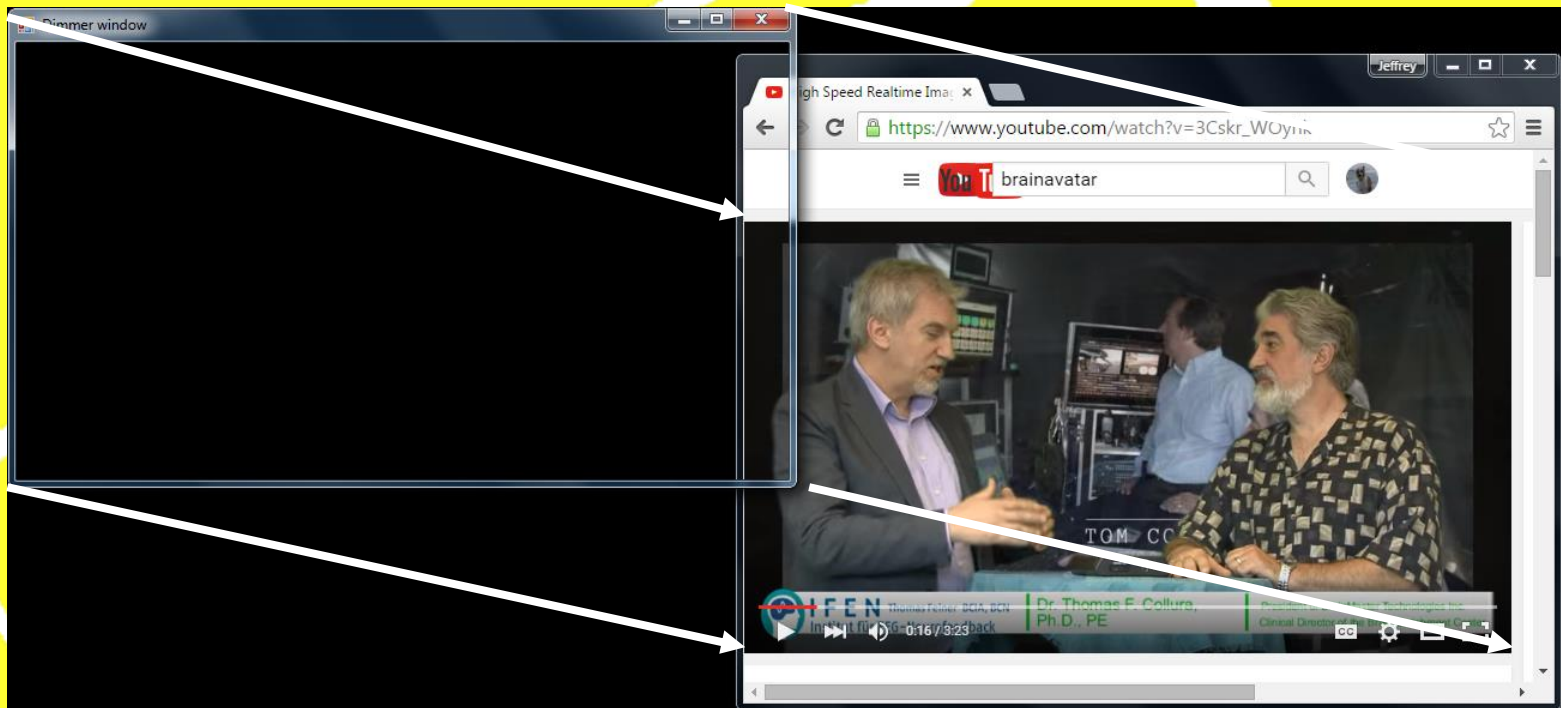
Maxed dimmed sets whether the media disappears or simply dims

Dimming speed sets how quickly the screen disappears

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# The Dimmer

The Dimmer Window shall open which should be sized over the media that is presented to the client.

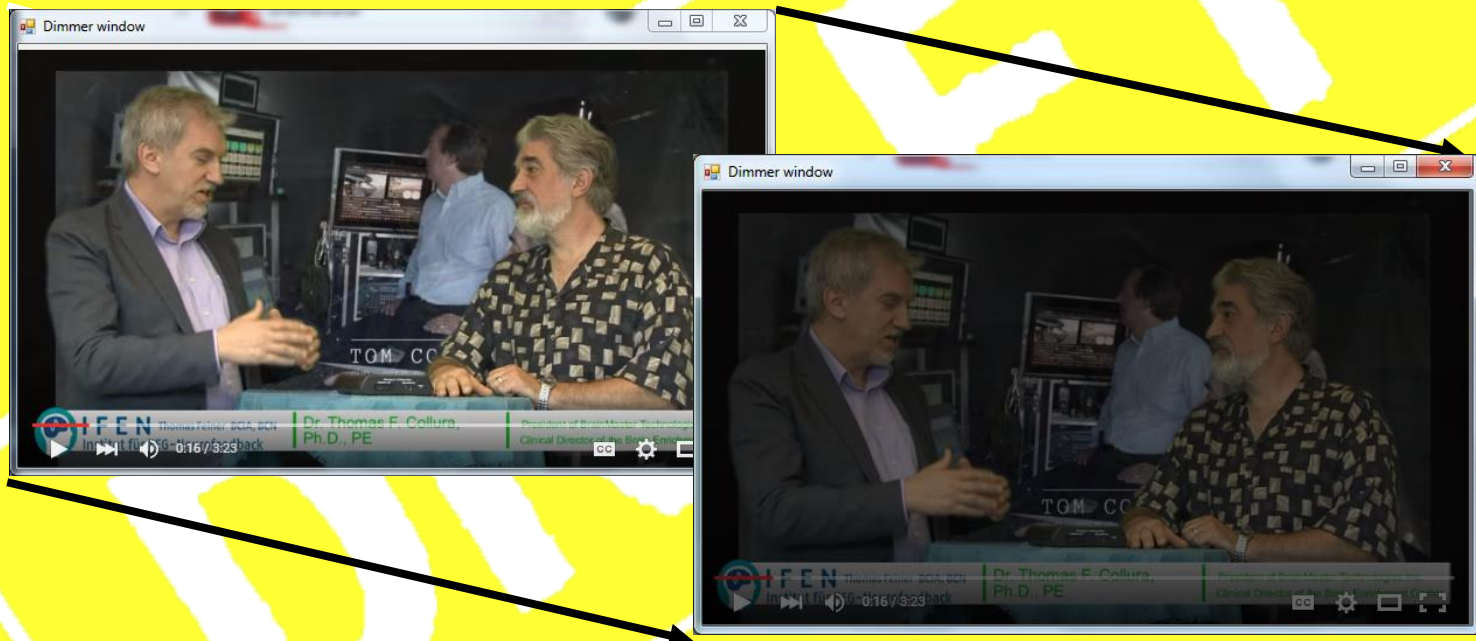


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# The Dimmer

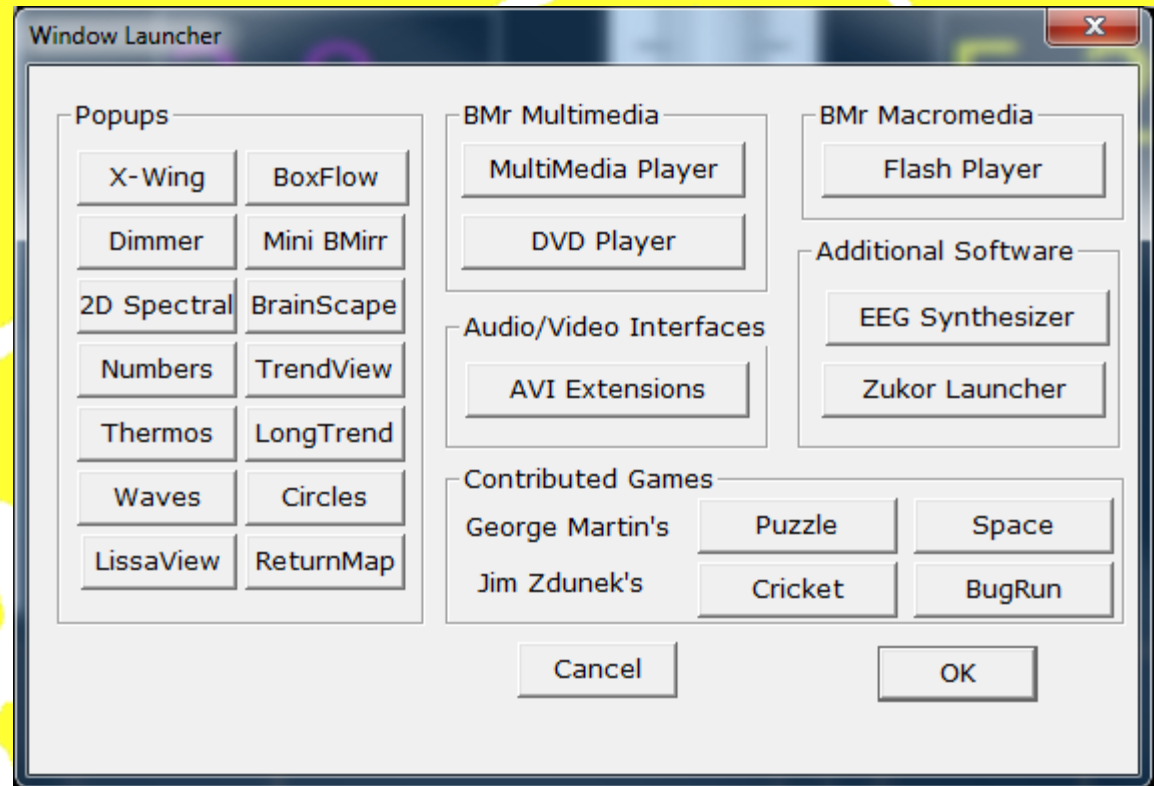
YouTube is illuminated when criteria are met and dims when they aren't



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# Other Media

As you can see there are a myriad of media choices available so please feel free to try all of these to your client's content. For a more extreme experience contact BrainMaster Sales and inquire about the Zukor Games. If you have already purchased one or more of the Zukor Games their use will be covered in a future Level 2 and beyond.



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