

Power Point Manual

Get On The
BUS



BrainMaster
Universe
Simplified



“Relax”
level 2

RELAX

Level 2

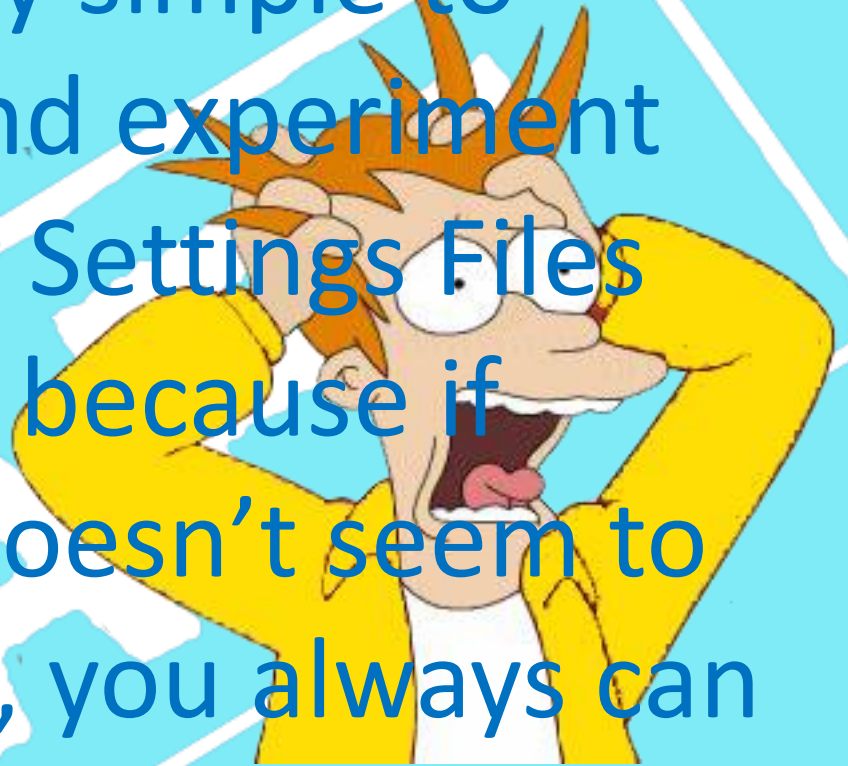
- How can I modify the Relax Settings to change selected frequency bands?

RELAX

Level 2

- The Level 1 Base Setting for the Relax Protocol included the electrode placement of Pz to train up Alpha to enhance a greater sense of brain quieting and relaxation.
- Perhaps the specification for this client is to train up High Alpha 10-12Hz at Pz rather than Alpha 8-12Hz.
- Lets learn how to change the frequency band.

FIRST: It is so very simple to make changes and experiment with BrainAvatar Settings Files without concern because if something just doesn't seem to work as planned, you always can reload the original Settings File you downloaded to your system.



Consider manipulating the settings in your working folder as a sandbox. You can always replace it with the original setting file.



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Lets Begin

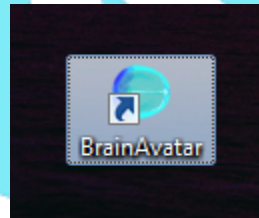
- Make Sure the Atlantis Amplifier is plugged in.



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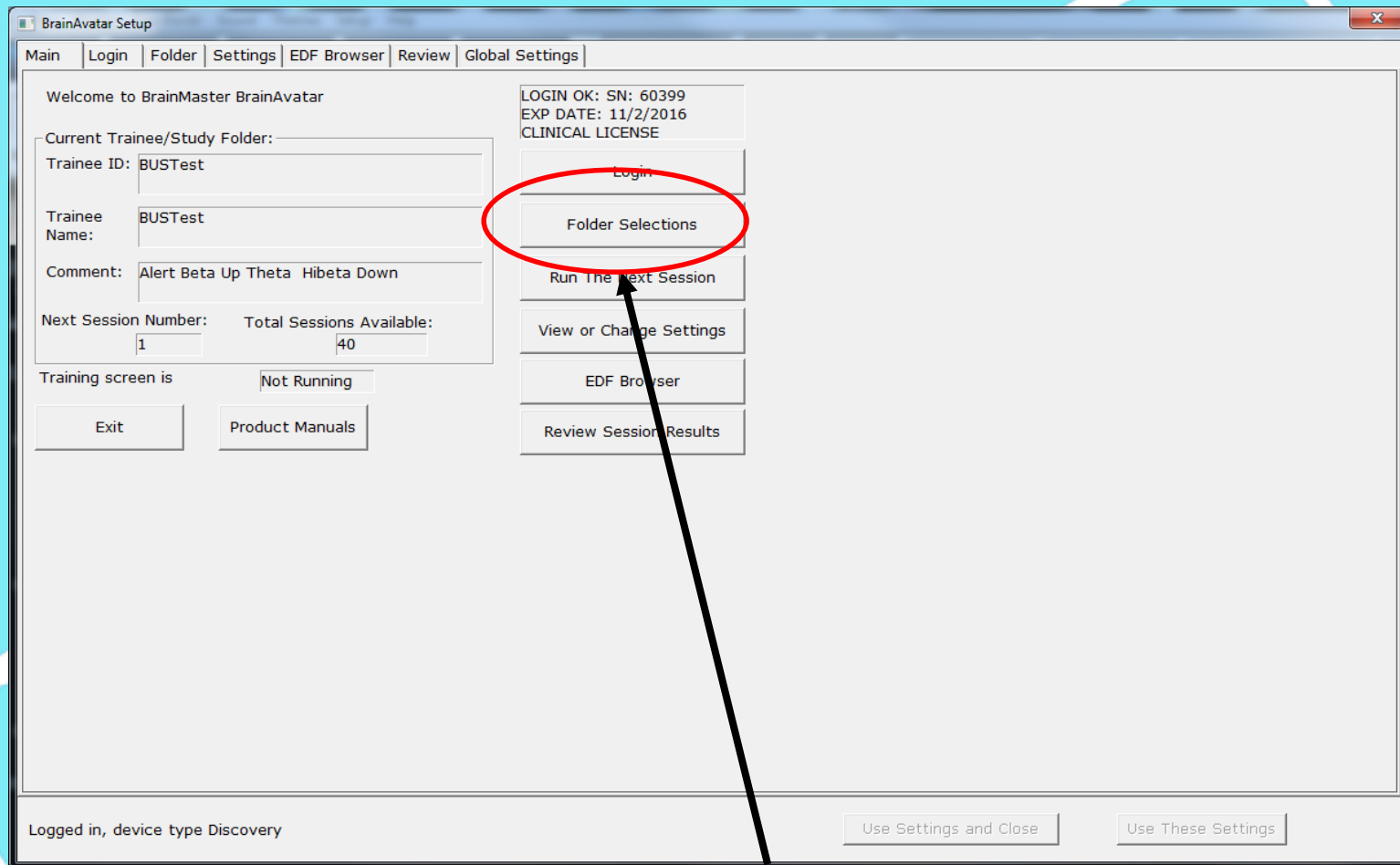
Level 2

- Open BrainAvatar by double-clicking the BrainAvatar Icon



- The Select Folder Screen will appear.
- By now you should know how to either create a new client folder or recall an existing client folder.
- For the purposes of this exercise let's open and utilize the "BUSTest" Folder which may already be resident on your system. If not, then create one.

- The BrainAvatar Setup Window will Appear



- Click "Folder Selections".

- 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.

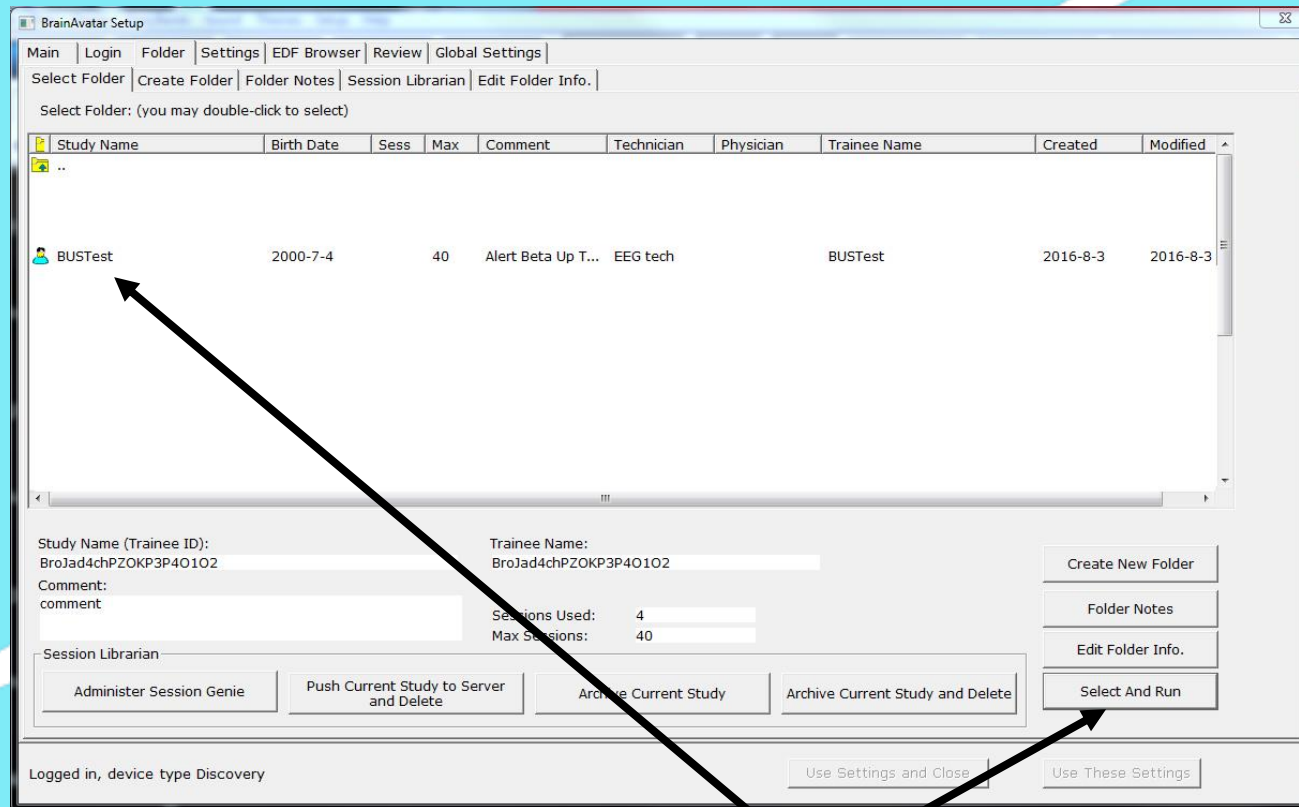
Select And Run

Logged in, device type Discovery

Use Settings and Close

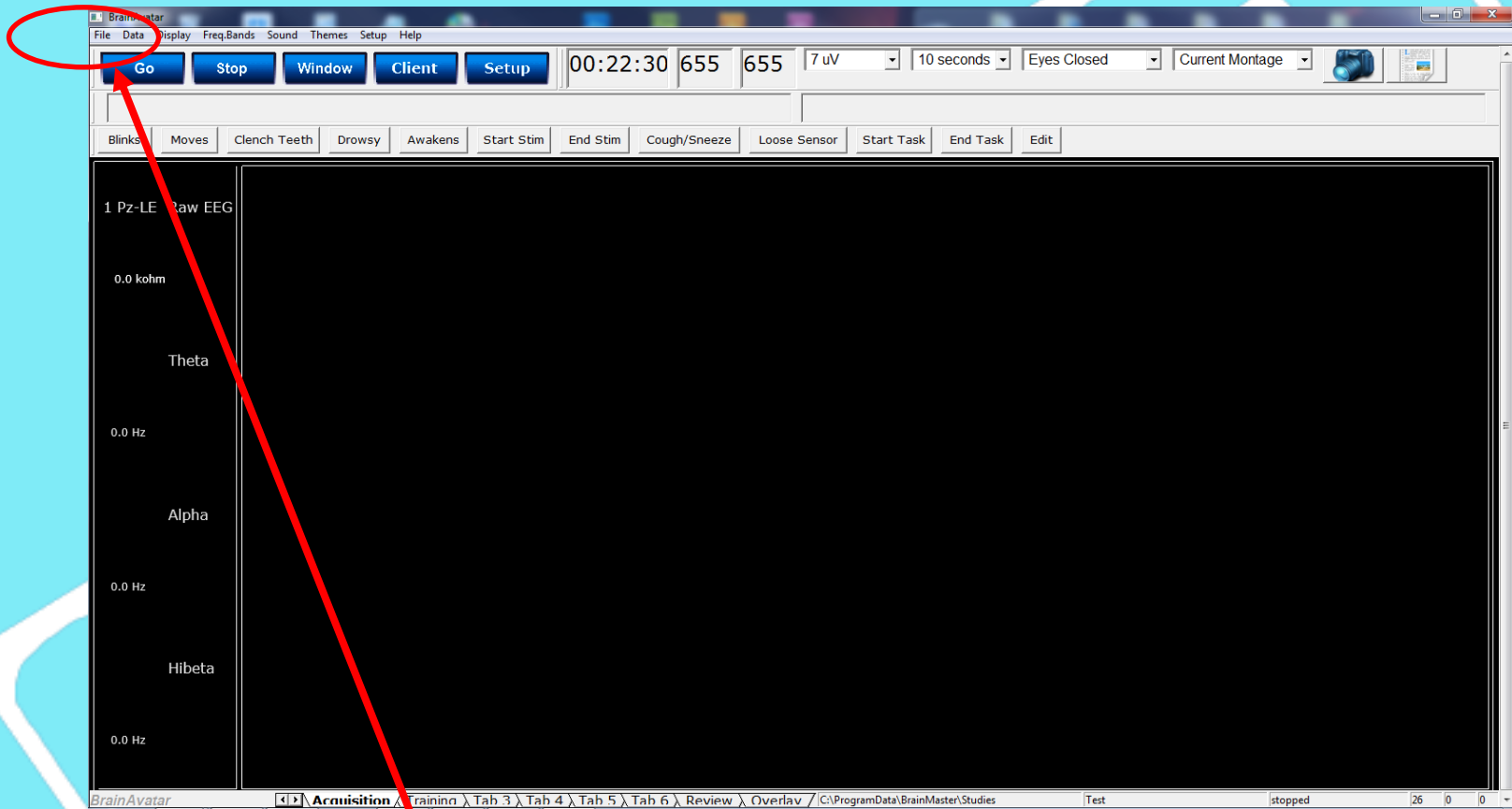
Use These Settings

- The Select Folder Screen will appear.



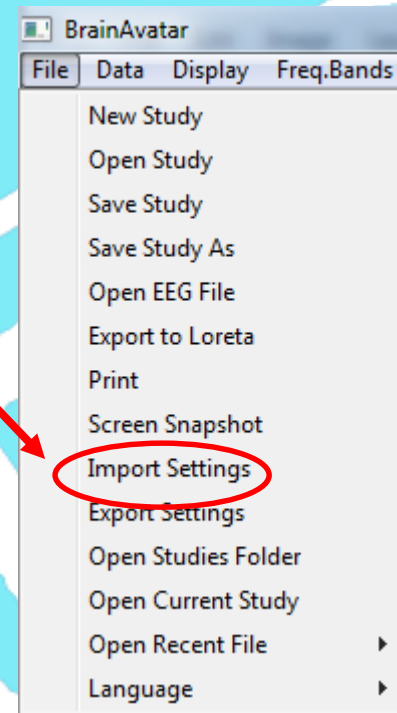
- Click the Study (Folder) you would like to open (in this case BUSTest) and then click “Select and Run”.

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




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

- Next click “Import Settings”.



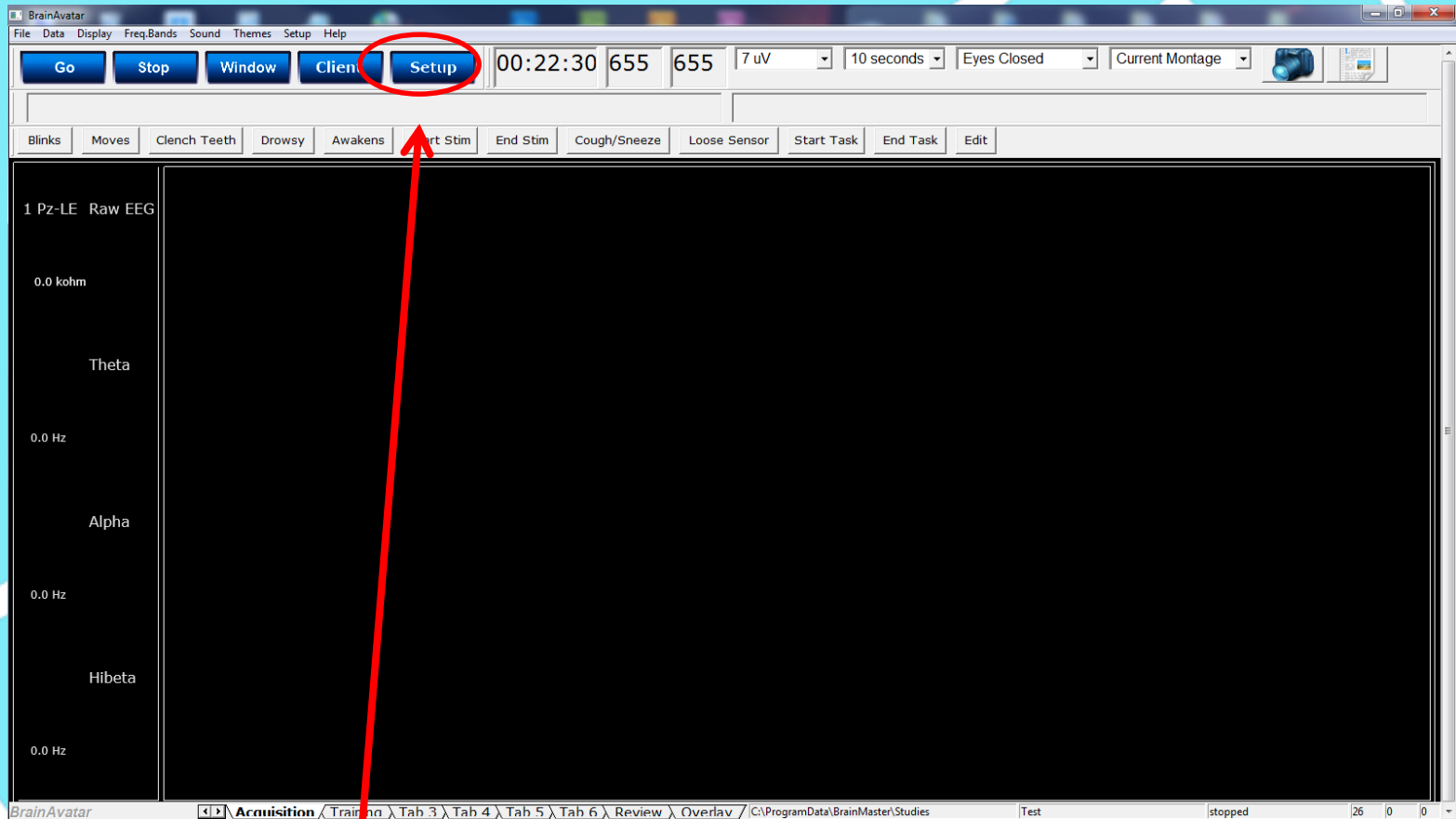
- Scroll to find the original Relax Level 1 File and double click it.

Name	Date modified	Type	Size
 0601001Relax.bdb2	11/18/2015 6:42 PM	BDB2 File	141 KB

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

RELAX

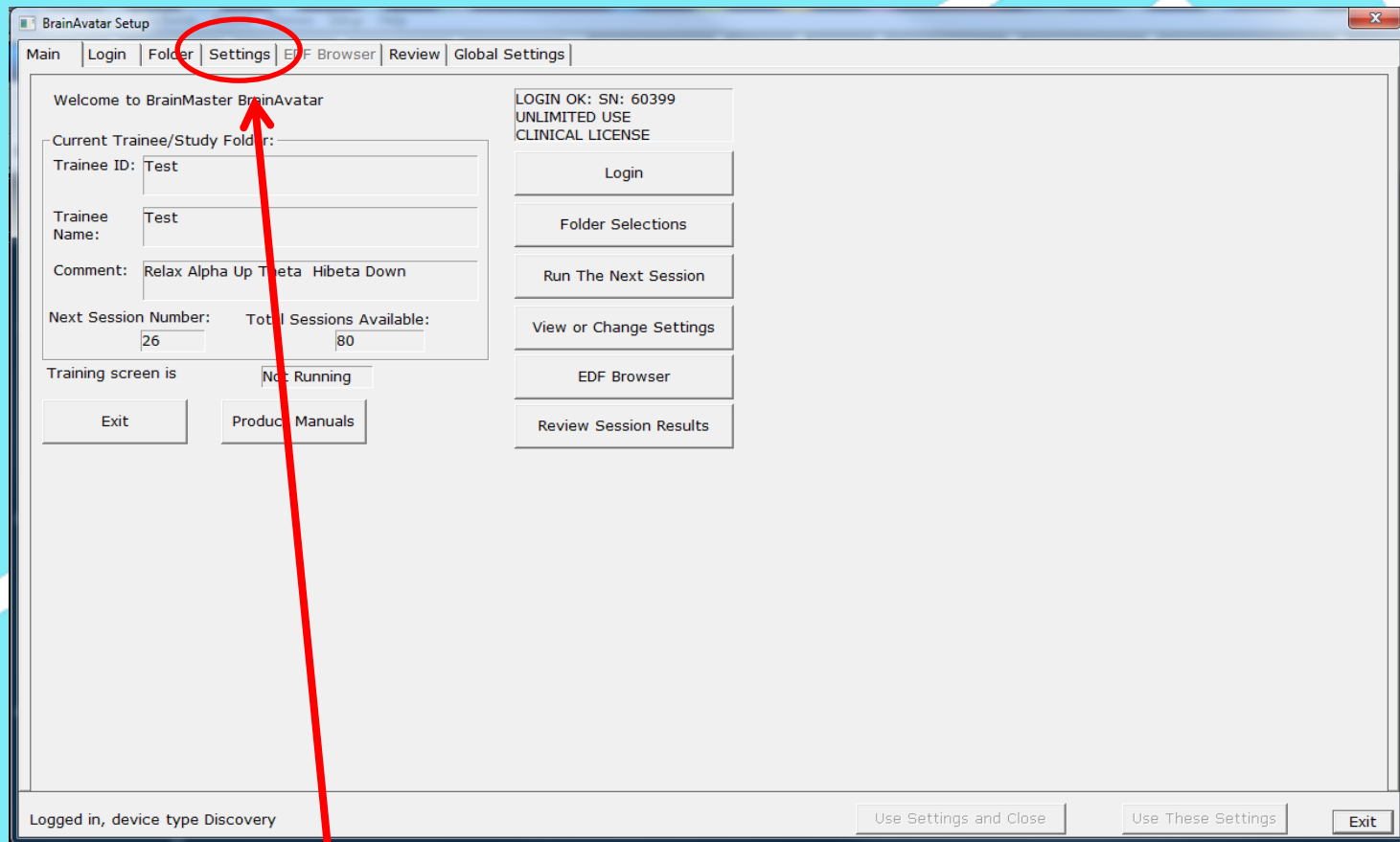
The Protocol is now ready for Modification



- Click "Setup".

RELAX

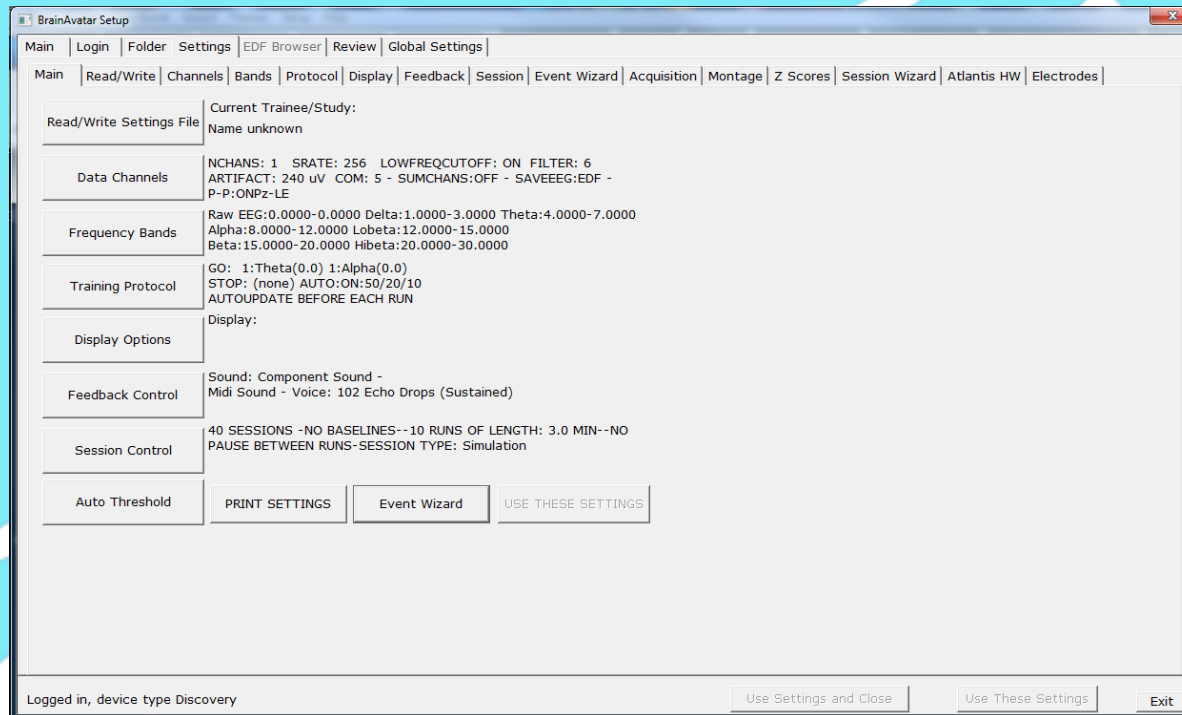
The Protocol is now ready for Modification



- Click "Settings".

RELAX

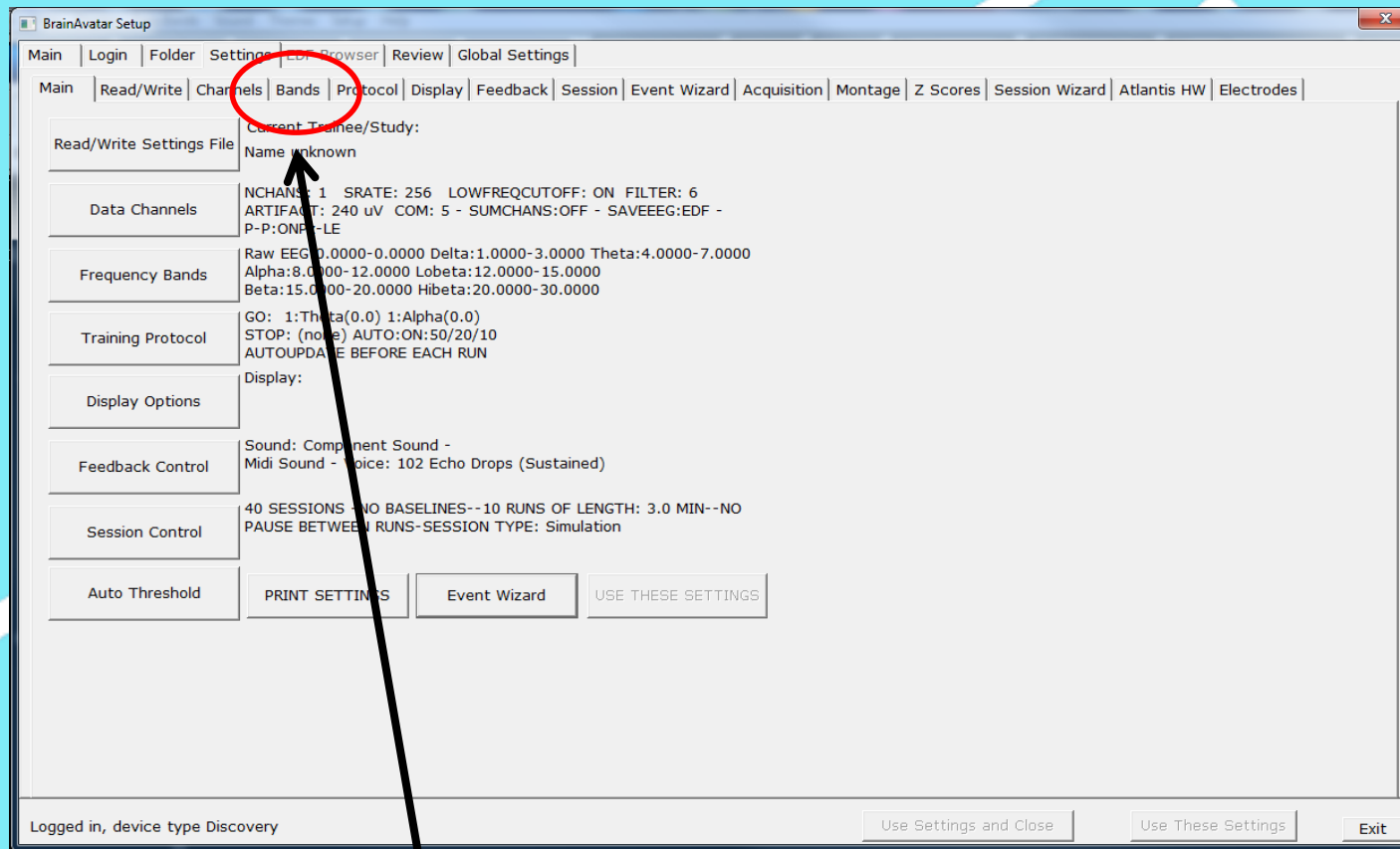
The Protocol is now ready for Modification



YOU ARE NOW ABOUT TO ENTER THE “BRAIN CENTER” OF THE BRAINAVATAR PROGRAM. ANY HAPHAZARD MODIFICATIONS HERE WITHOUT KNOWLEDGE MAY CAUSE UNPREDICTABLE RESULTS. THIS INSTRUCTION MANUAL WILL GIVE YOU THE PROPER KNOWLEDGE TO ALTER THESE CONTROL SCREENS WITHOUT CONCERN. AGAIN, YOU CAN ALWAYS INSTALL THE ORIGINAL SETTING FILE IF NECESSARY.

RELAX

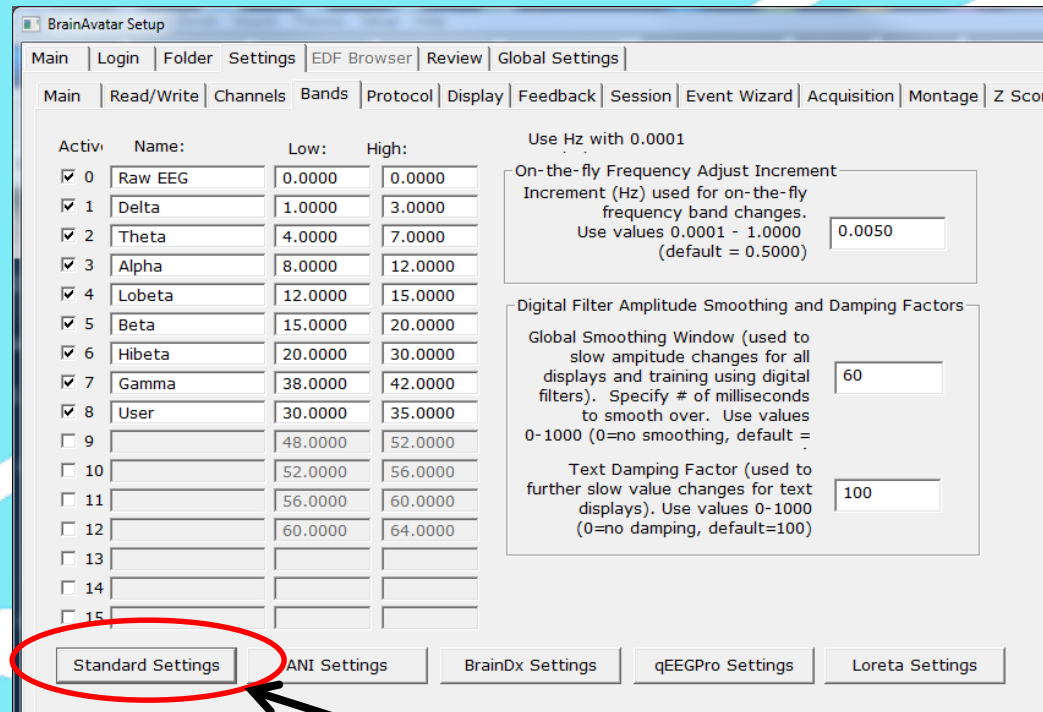
The Protocol is now ready for Modification



Click "Bands".

RELAX

The Protocol is now ready for Modification



This is the Bands Screen where frequency bands are defined. The default setting for the Frequency Bands are “Standard Settings” which you can always return to by clicking the “Standard Settings” Button.

RELAX

The Protocol is now ready for Modification

The screenshot shows the 'BrainAvatar Setup' window with the 'Protocol' tab selected. It features a table of frequency bands with checkboxes, names, and low/high frequency ranges. To the right are input fields for 'On-the-fly Frequency Adjust Increment' and 'Digital Filter Amplitude Smoothing and Damping Factors'. At the bottom, a row of five preset buttons is circled in red: 'Standard Settings', 'ANI Settings', 'BrainDx Settings', 'qEEGPro Settings', and 'Loreta Settings'. An arrow points to the 'ANI Settings' button.

Active	Name	Low	High
<input checked="" type="checkbox"/>	0 Raw EEG	0.0000	0.0000
<input checked="" type="checkbox"/>	1 Delta	1.0000	3.0000
<input checked="" type="checkbox"/>	2 Theta	4.0000	7.0000
<input checked="" type="checkbox"/>	3 Alpha	8.0000	12.0000
<input checked="" type="checkbox"/>	4 Lobeta	12.0000	15.0000
<input checked="" type="checkbox"/>	5 Beta	15.0000	20.0000
<input checked="" type="checkbox"/>	6 Hibeta	20.0000	30.0000
<input checked="" type="checkbox"/>	7 Gamma	38.0000	42.0000
<input checked="" type="checkbox"/>	8 User	30.0000	35.0000
<input type="checkbox"/>	9	48.0000	52.0000
<input type="checkbox"/>	10	52.0000	56.0000
<input type="checkbox"/>	11	56.0000	60.0000
<input type="checkbox"/>	12	60.0000	64.0000
<input type="checkbox"/>	13		
<input type="checkbox"/>	14		
<input type="checkbox"/>	15		

Use Hz with 0.0001

On-the-fly Frequency Adjust Increment
Increment (Hz) used for on-the-fly frequency band changes.
Use values 0.0001 - 1.0000 (default = 0.5000)

Digital Filter Amplitude Smoothing and Damping Factors

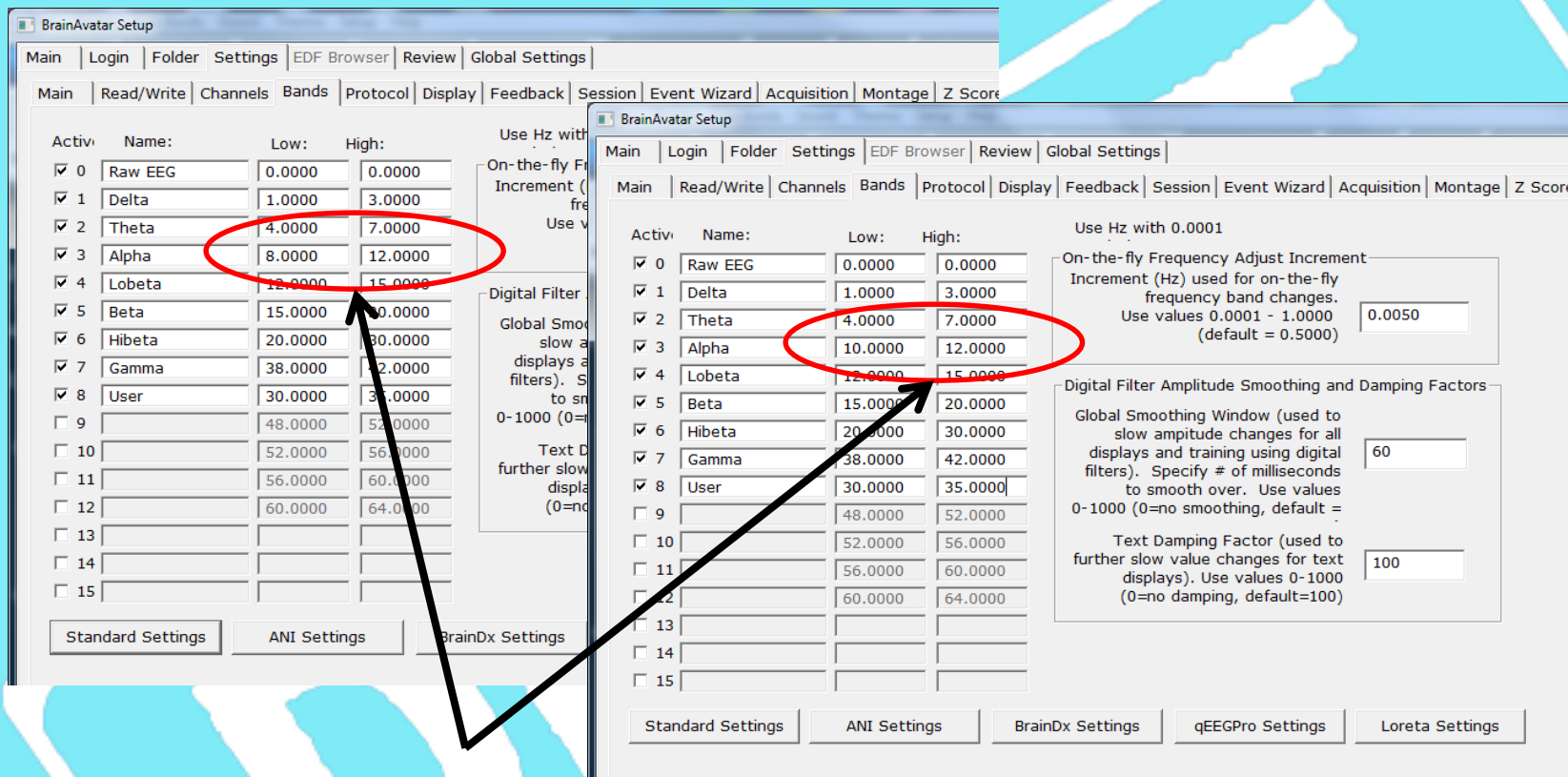
Global Smoothing Window (used to slow amplitude changes for all displays and training using digital filters). Specify # of milliseconds to smooth over. Use values 0-1000 (0=no smoothing, default = 60)

Text Damping Factor (used to further slow value changes for text displays). Use values 0-1000 (0=no damping, default=100)

Presets for “ANI Settings, BrainDx Settings, “qEEGPro Settings” and “Loreta Settings” may be clicked if the frequency band requirements are set by a specific database.

RELAX

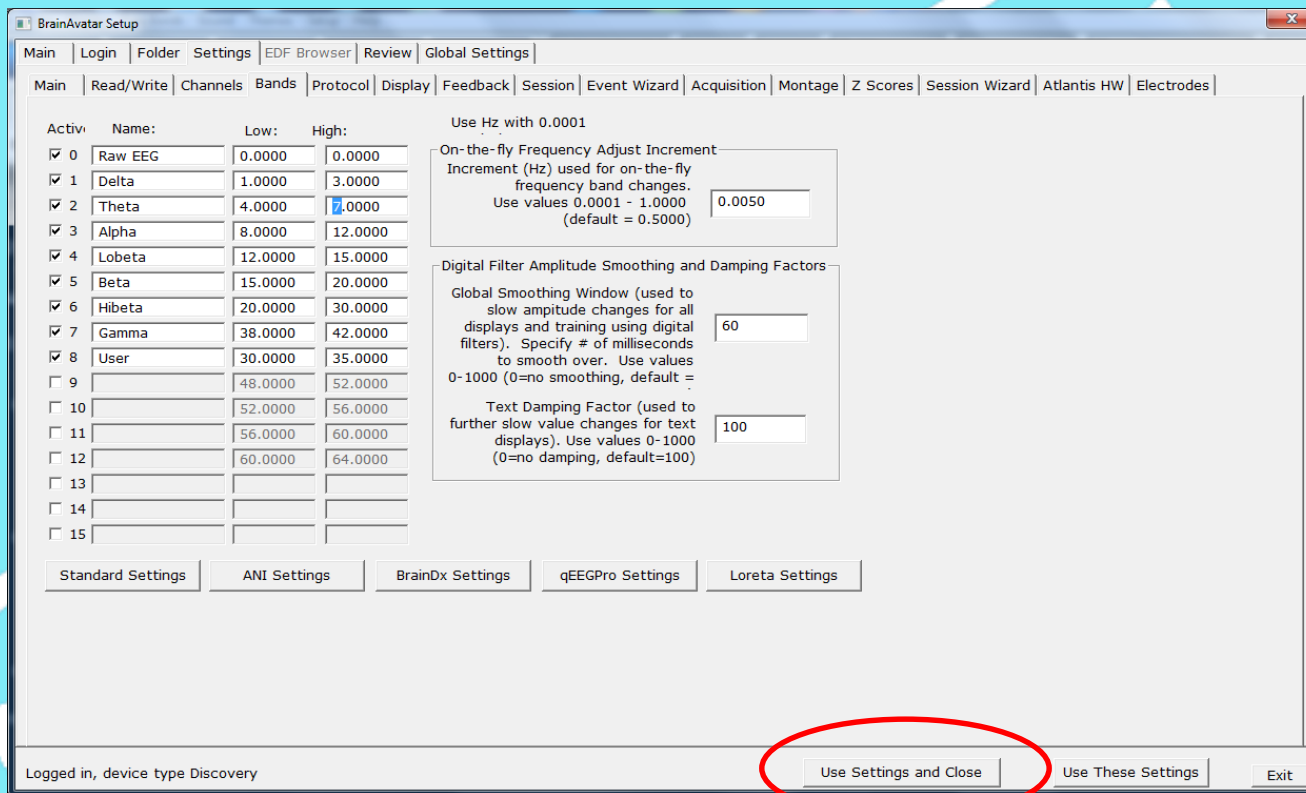
The Protocol is now ready for Modification



If, for instance you have a specific frequency band requirement such as training high alpha (10-12Hz) rather than alpha (8-12Hz), then all you need to do is change the frequency band in the alpha window.

RELAX

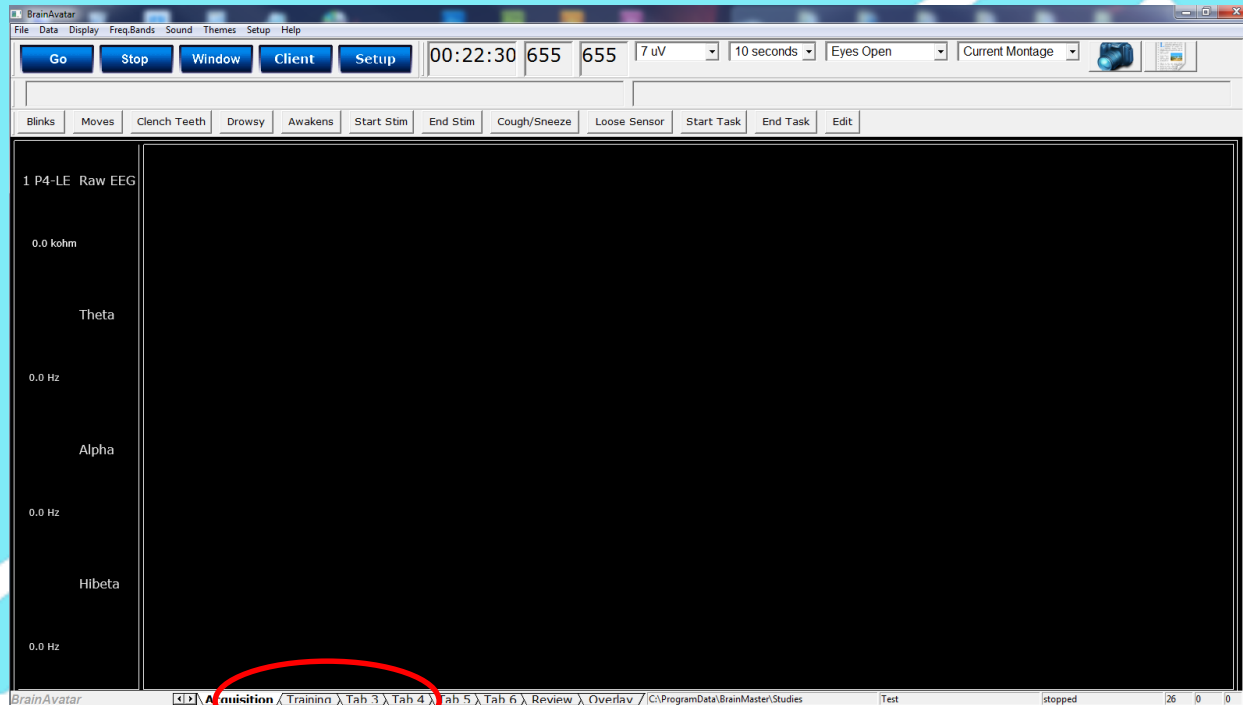
The Protocol is now ready for Modification



Once the bands have been changed click “Use Settings and Close” to save the change and exit the settings window.

RELAX

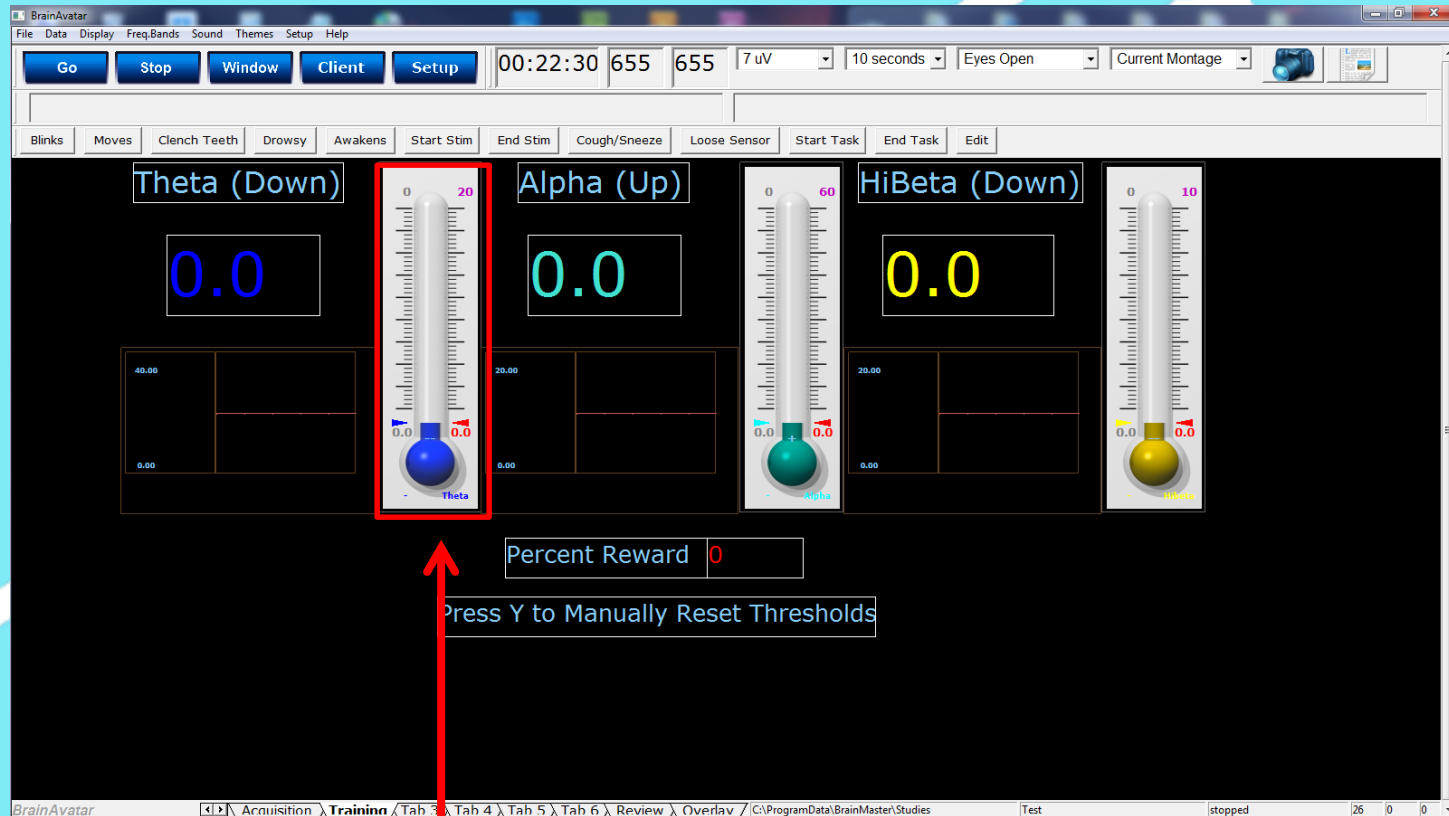
The Protocol is now ready for Modification



Once you close the Settings Screen you are returned to the “Acquisition Tab” of the Protocol. Switch to the “Training Tab”.

RELAX

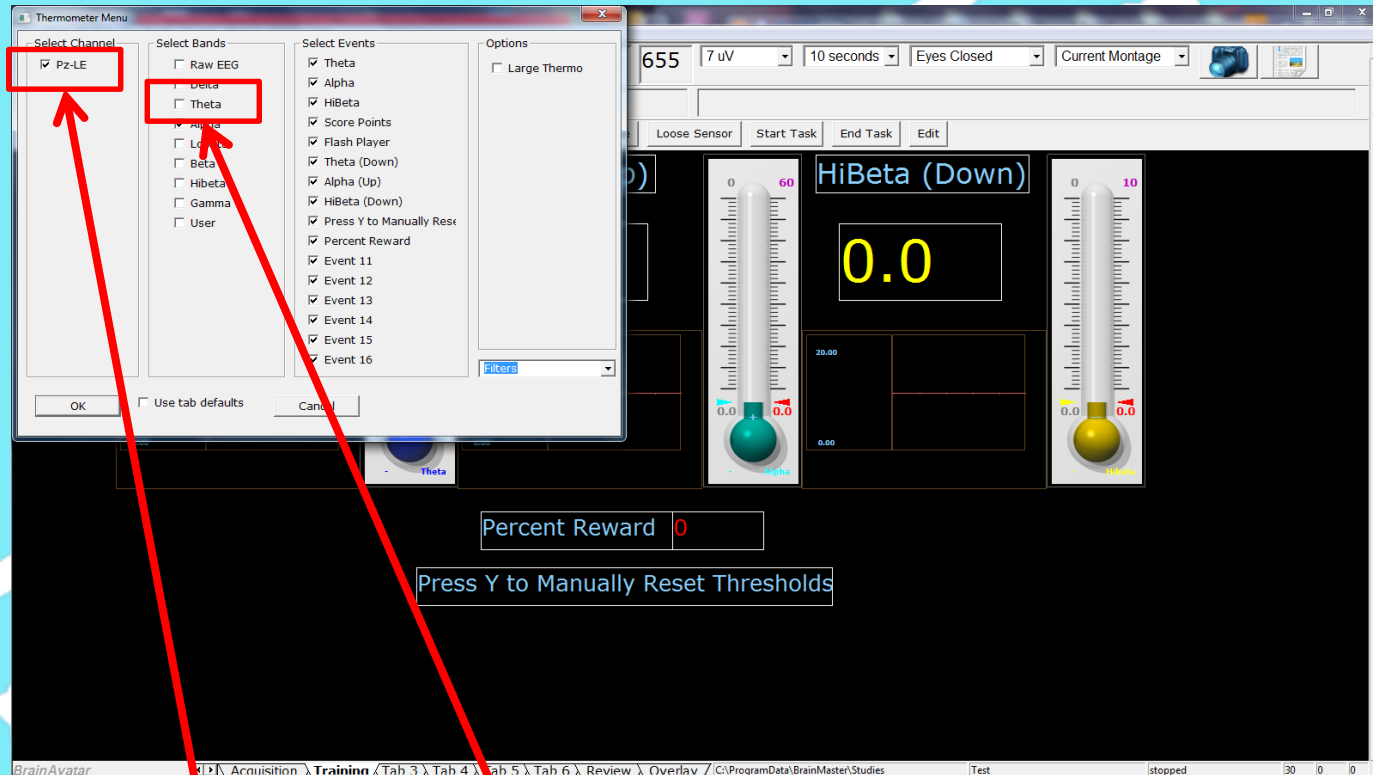
The Protocol is now ready for Modification



Once on this screen “Right-Click” on the Theta Thermometer.

RELAX

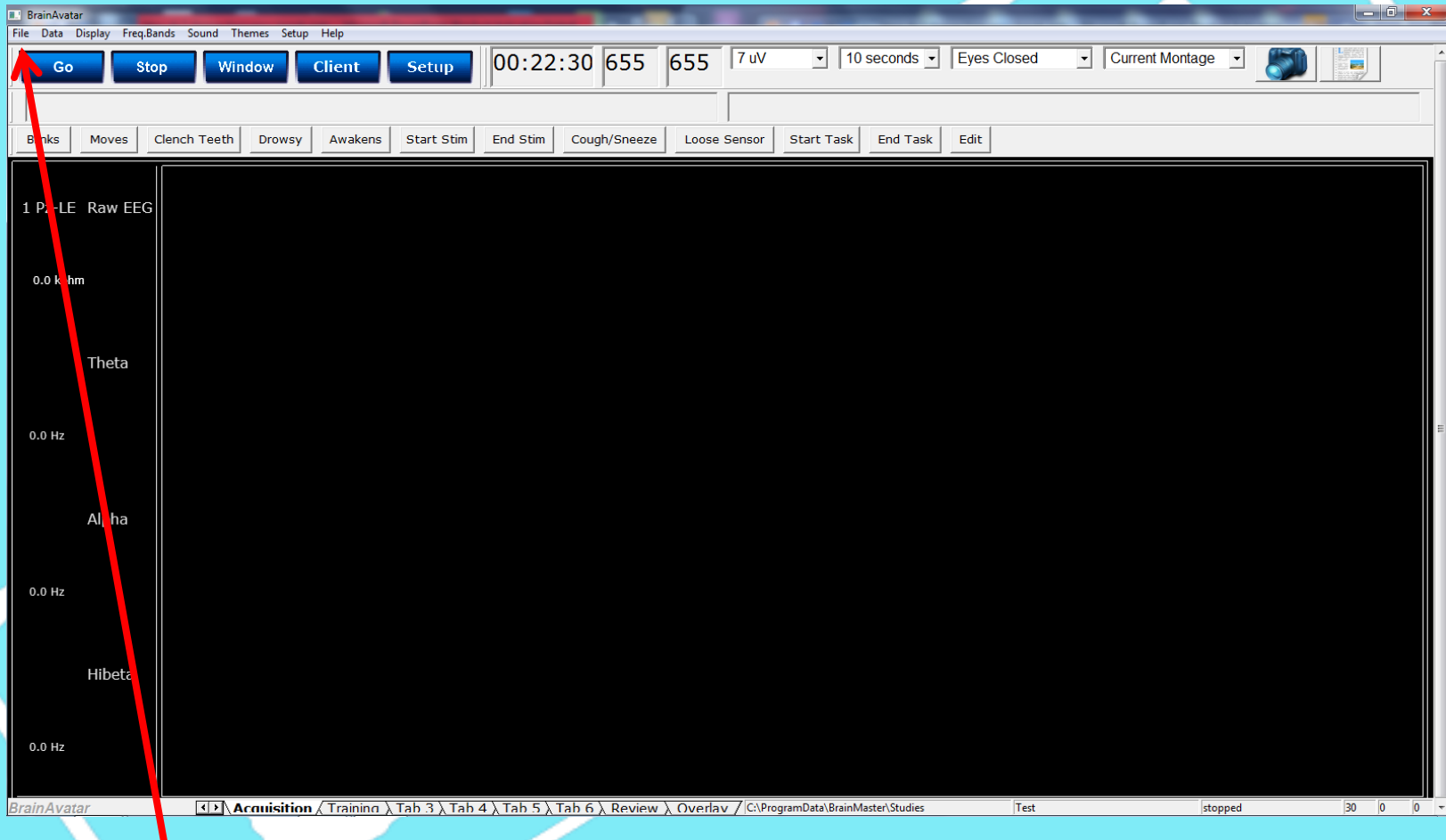
The Protocol is now ready for Modification



The “Thermometer Menu” appears. Notice this thermometer is operated by Pz-LE, and the Alpha Band. Guess What? Having changed the Alpha band from 8-12Hz to 10-12Hz automatically changed the Training Frequency.

RELAX

The Protocol is now ready for Modification

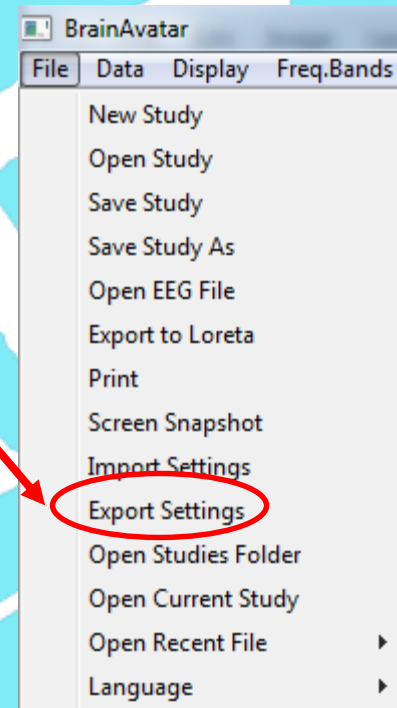


In order to save this modified setting Click “File”.

RELAX

Level 2

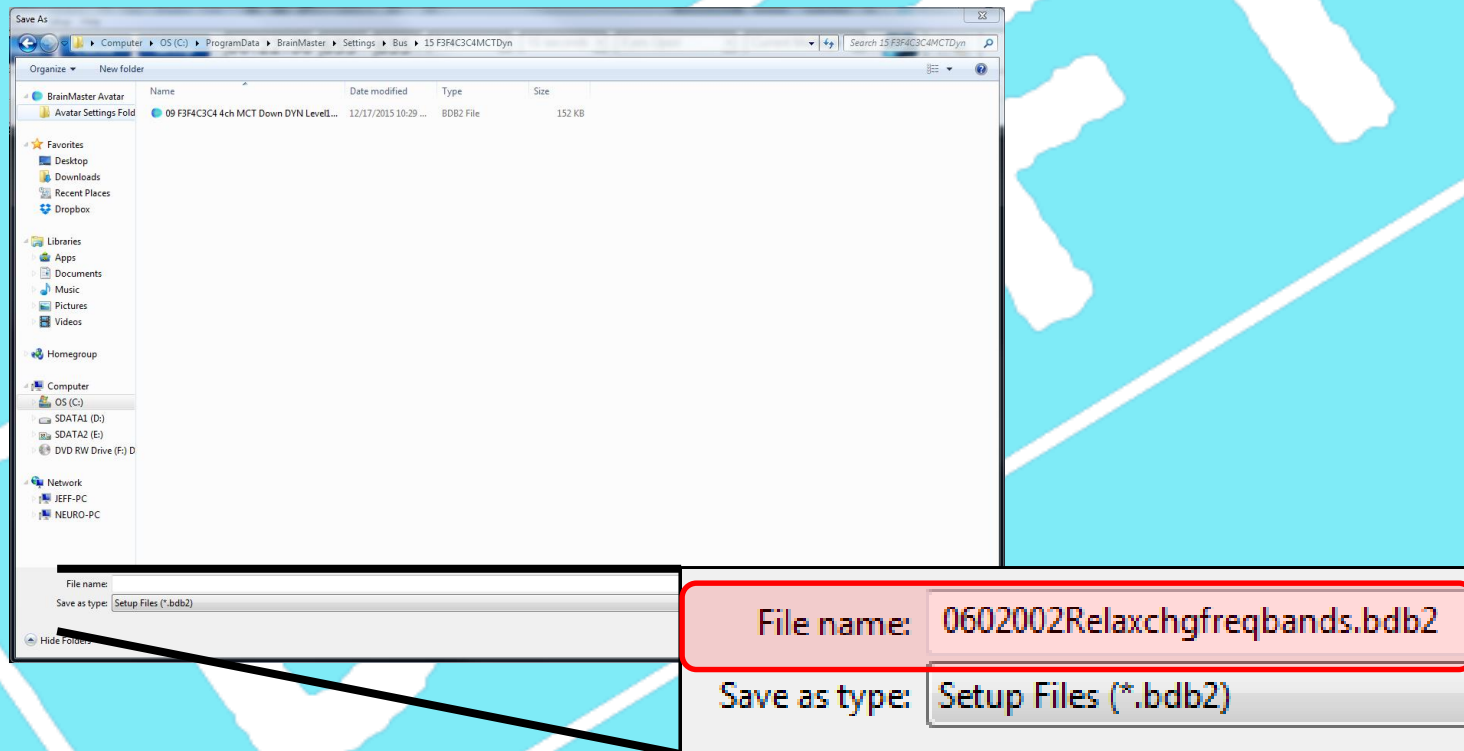
Next click “Export Settings”.



RELAX

Level 2

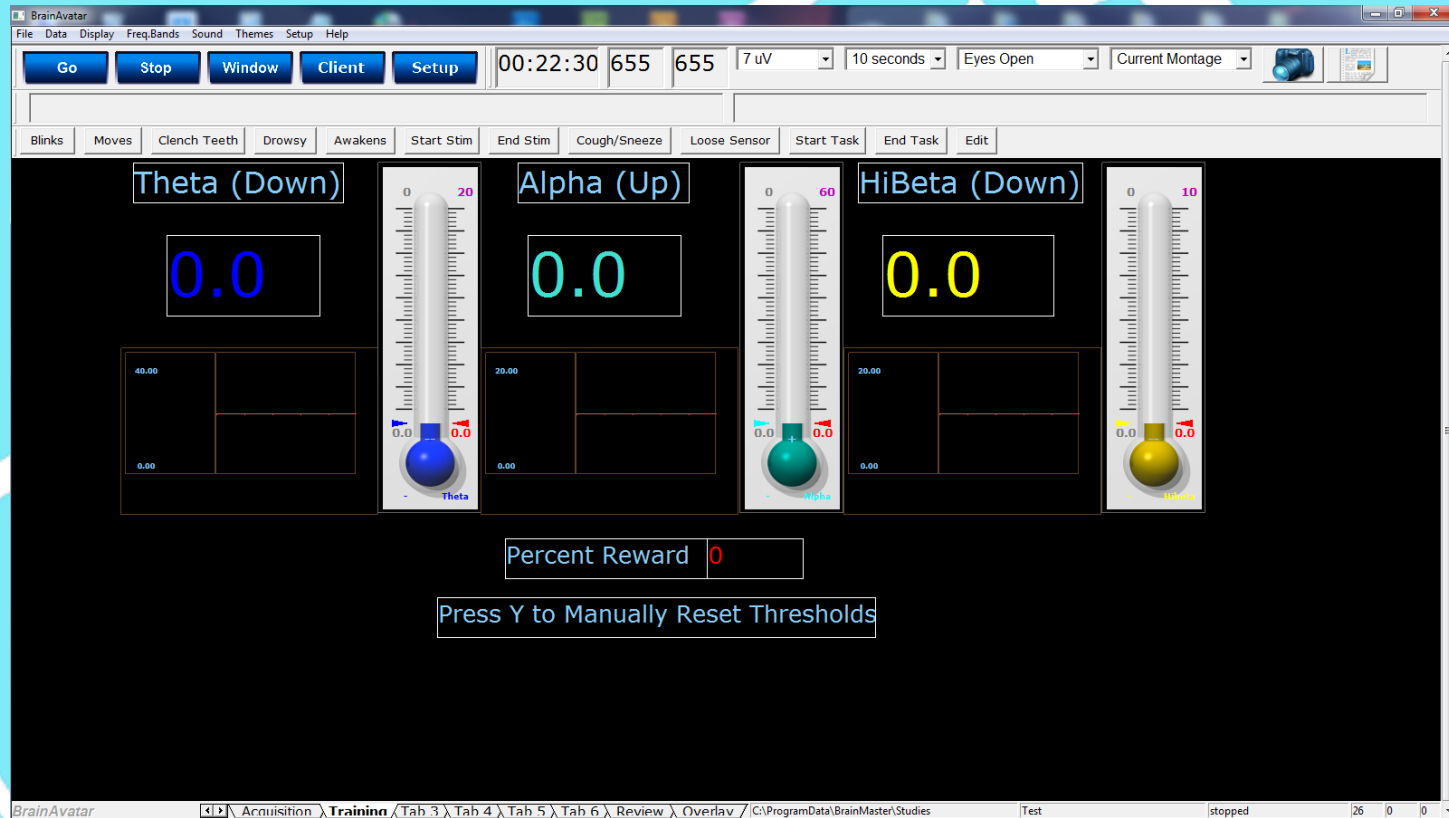
Find the 0602002Relaxchgfreqbands Folder and store this setting file there. The file name has already been provided.



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The Protocol is now ready to run with the revisions made.



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