

# Power Point Manual

**Get On The  
BUS**



**BrainMaster  
Universe  
Simplified**



**“Balance”**  
level 1  
(No Changes)

# BALANCE

## Level 1

- At level 1 the “Balance” Setting provides Beta (15-18Hz) enhancement at C3 and SMR (12-15Hz) enhancement at C4.
- By providing elevation of Beta and SMR at C3 and C4 proper proportions of each frequency are trained to reinforce a sense of well being and enhance focus while reducing impulsivity and anxiety.

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# BALANCE

## Level 1

- While Beta and SMR are 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 Beta and SMR in the correct locations.

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# BALANCE

## Level 1

- While SMR is being enhanced, hibeta (20Hz - 30Hz) is inhibited. Hibeta is a measure of how hypervigilant, tense or anxious one is. Being anxious, one shuffles through many random thoughts which is contrary to being “Focused”. Therefore a client is trained to maintain lower levels of hibeta while increasing levels of Beta and SMR.

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# BALANCE

Level 1

## Lets Begin

- Make Sure the Atlantis Amplifier is plugged in.

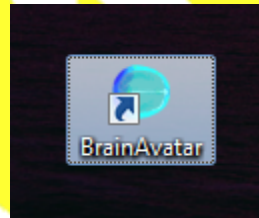


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# BALANCE

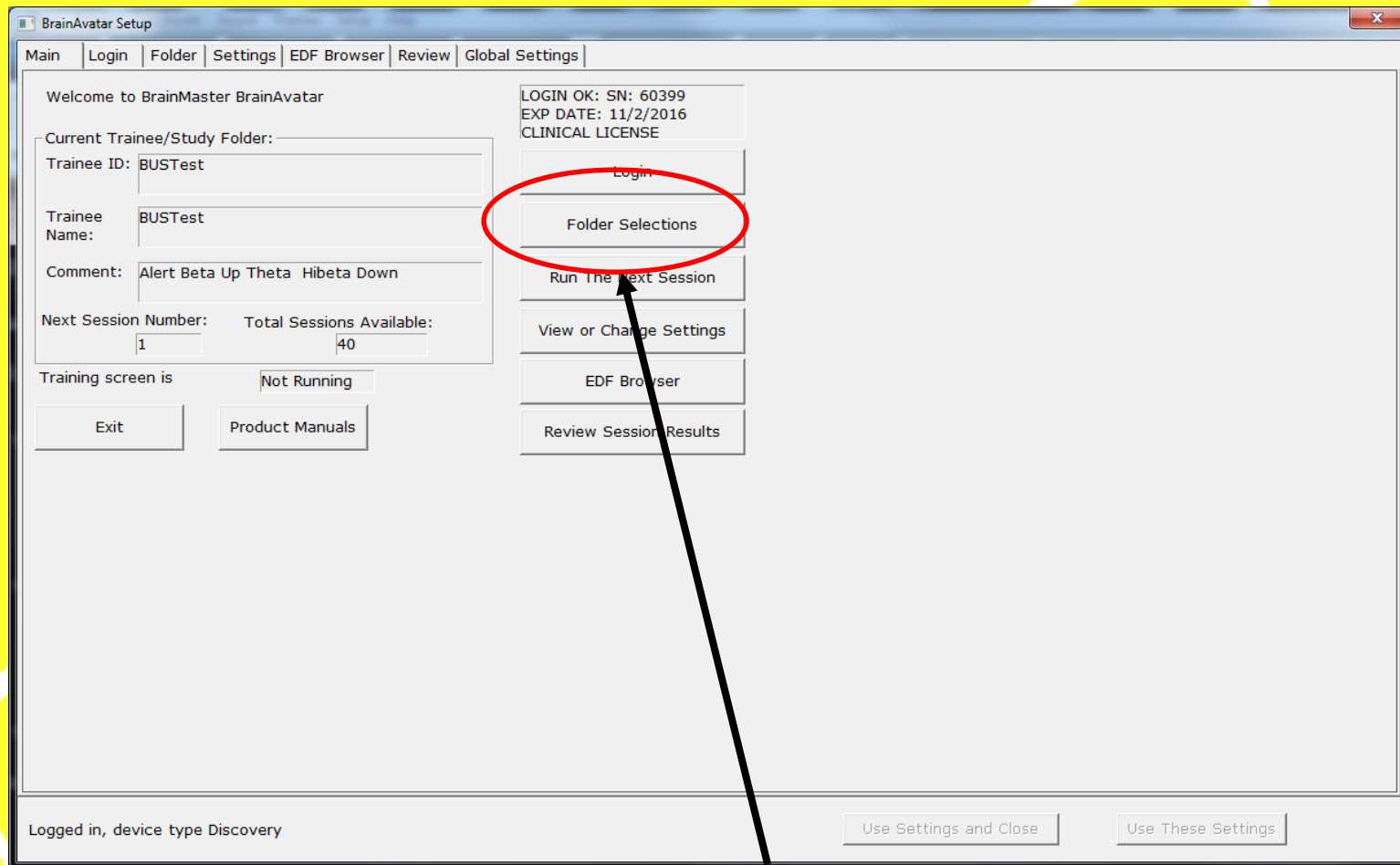
## Level 1

- 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

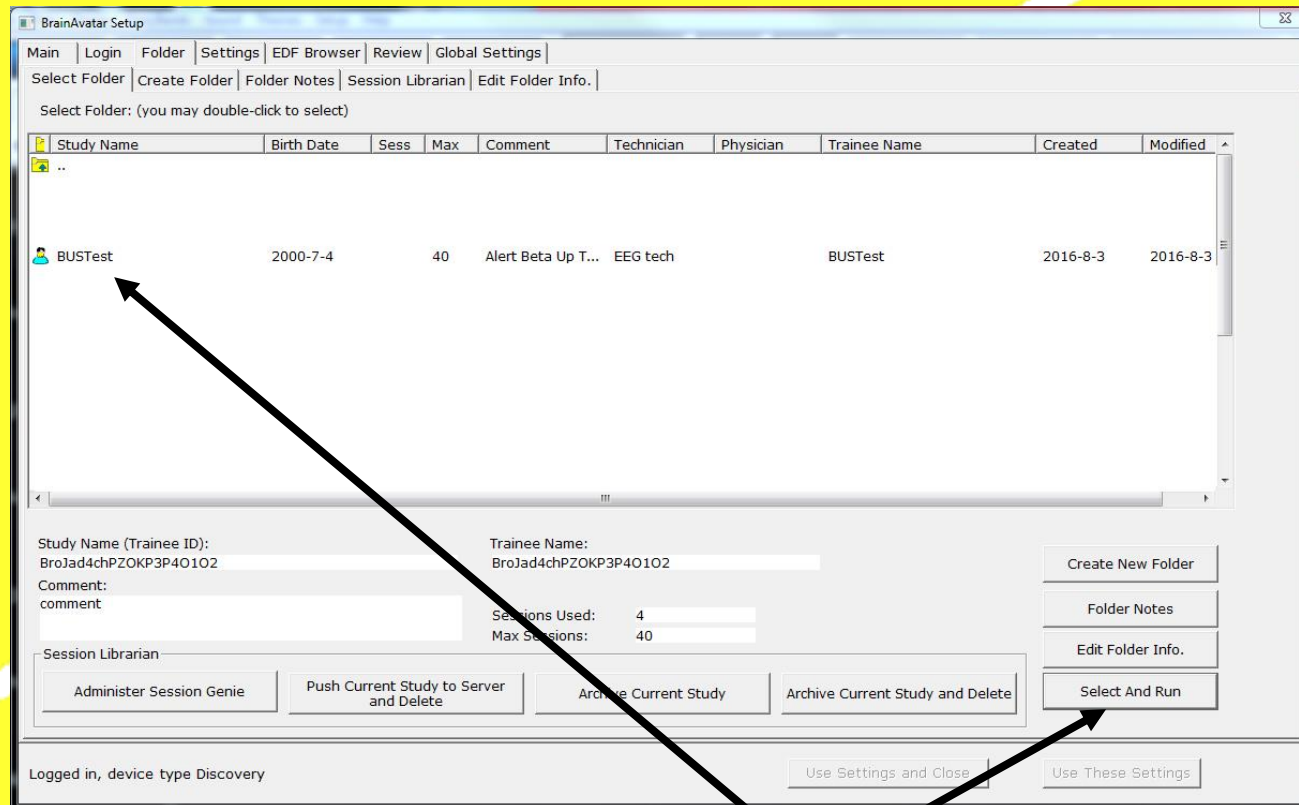
Logged in, device type Discovery

Use Settings and Close | Use These Settings

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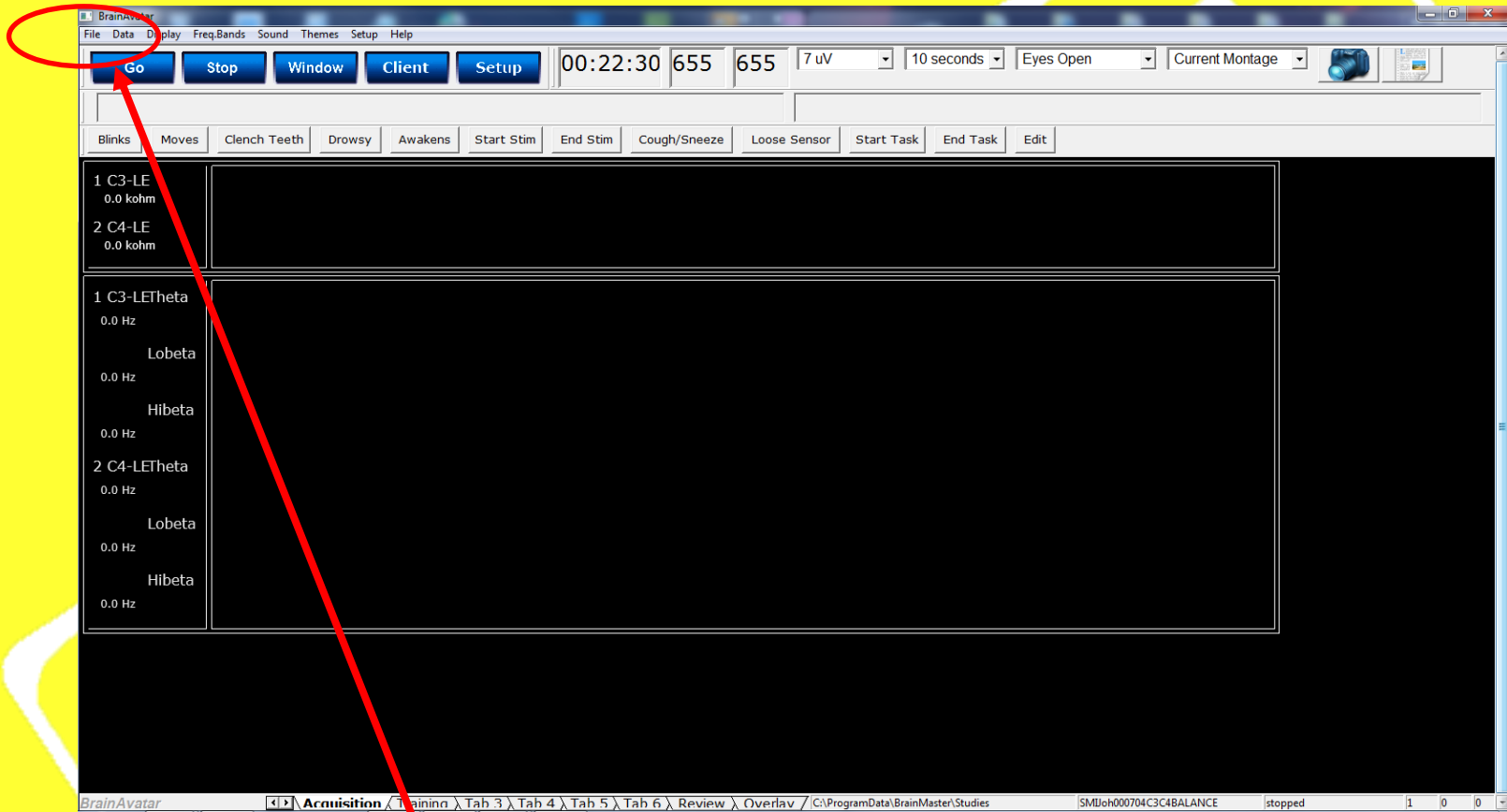
- The Select Folder Screen will appear.



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

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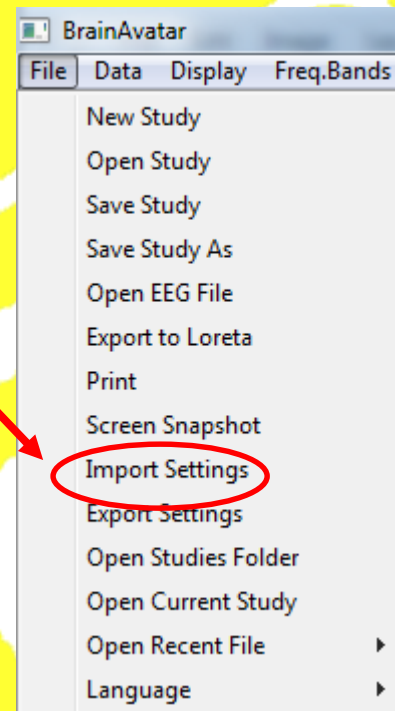
- The BrainAvatar Acquisition Screen is illuminated. Let's load the original Balance Level 1 Setting File.




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

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- Next click “Import Settings”.



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

Name	Date modified	Type	Size
 0801001Balance.bdb2	2/6/2016 12:23 PM	BDB2 File	170 KB

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

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# BALANCE

The Protocol is now ready to run



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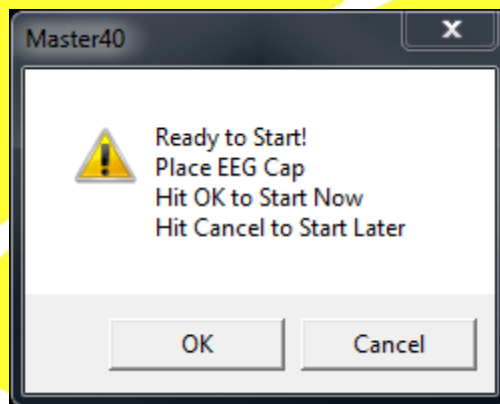
Click the “Go” Button



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# BALANCE

The Following Pop Up will appear



This is an indication to do one of two things:

1. Place the 19ch cap on the clients head and prep it using C3C4, the two ear clips and the GND only or,
2. Place an electrode at C3C4, two ear clips and one at a suitable ground location with the other ends plugged into the appropriate slots in the Atlantis Cable.

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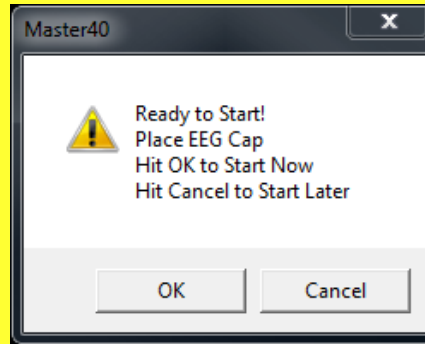


# BALANCE



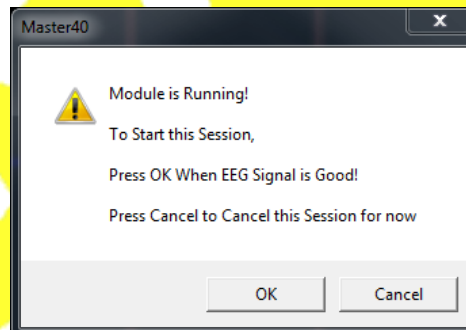
*All protocols are for demo and research purposes only. Clinicians must determine protocol choices. All protocols must be used within scope of practice and scope of competence.*

# 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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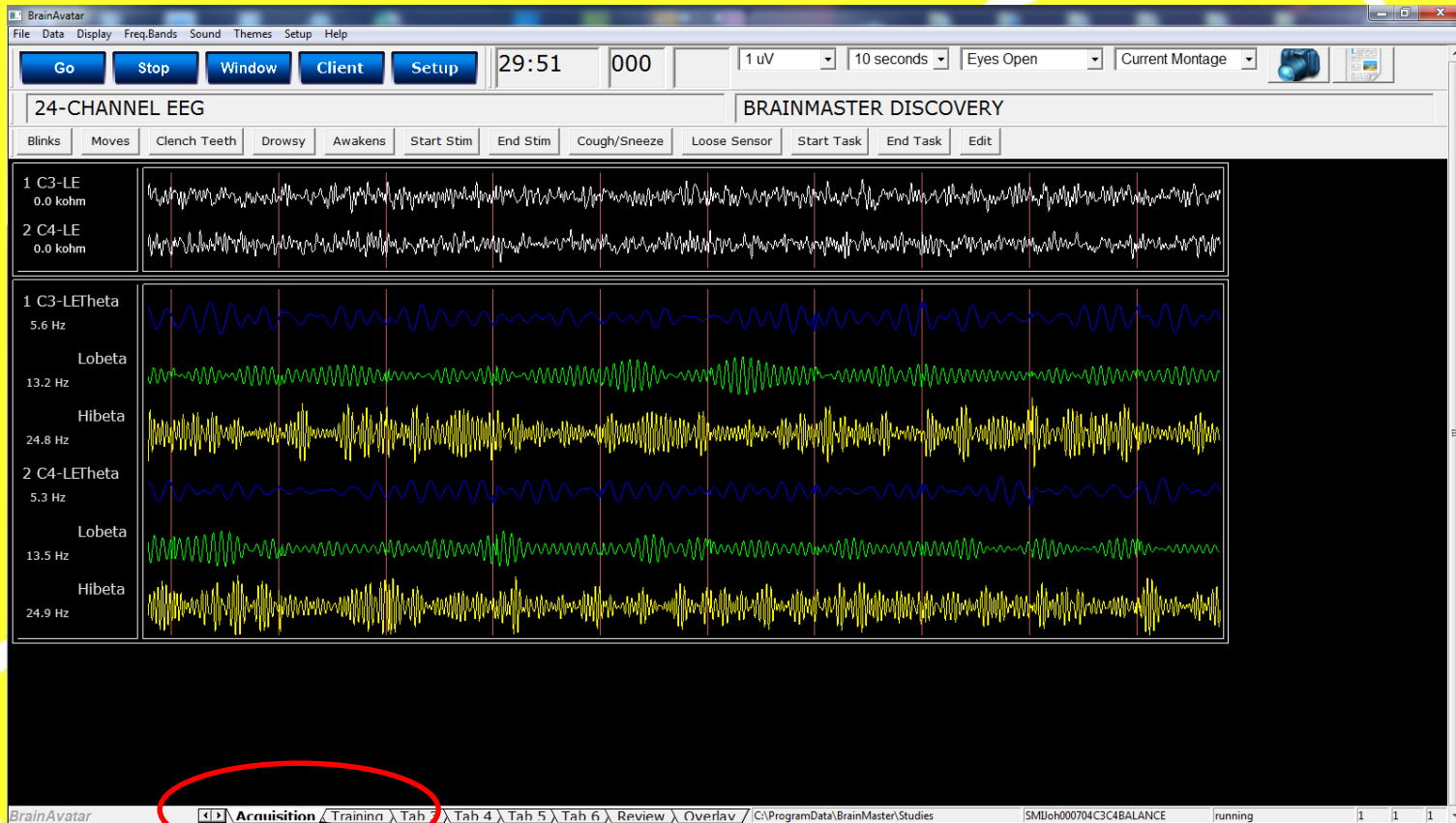
The protocol is designed to run for :

1. 10 contiguous 3 minute runs or 30 minutes. You may shorten the length of the session by hitting 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. Beta and 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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# BALANCE

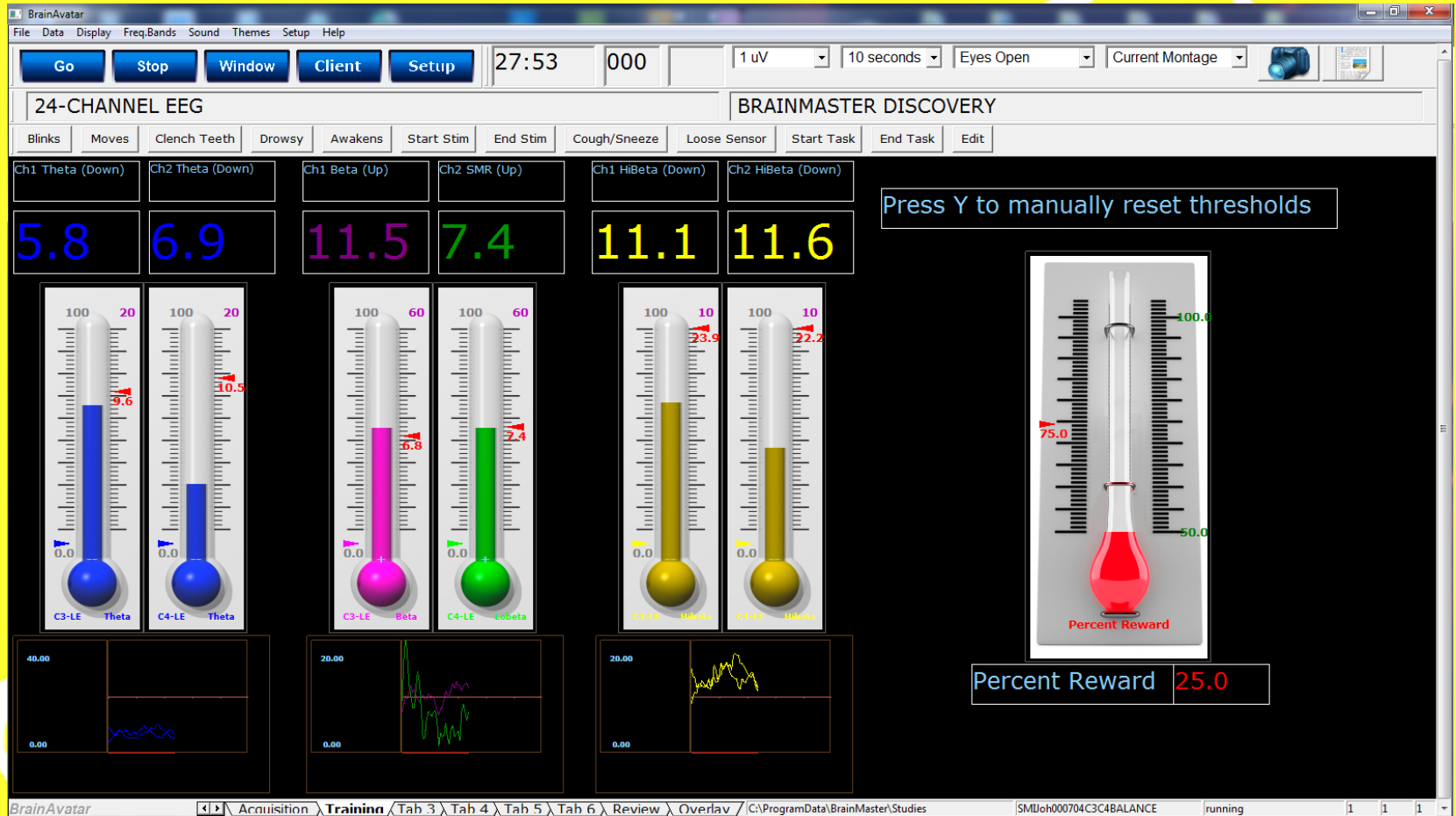
Take a moment and check that the EEG is good. If not, then take necessary action



- In order to see the EEG better you may want to tap Shift + a few times to increase the size of the EEG sweeps
- Next...switch from the Acquisition Tab to the Training Tab

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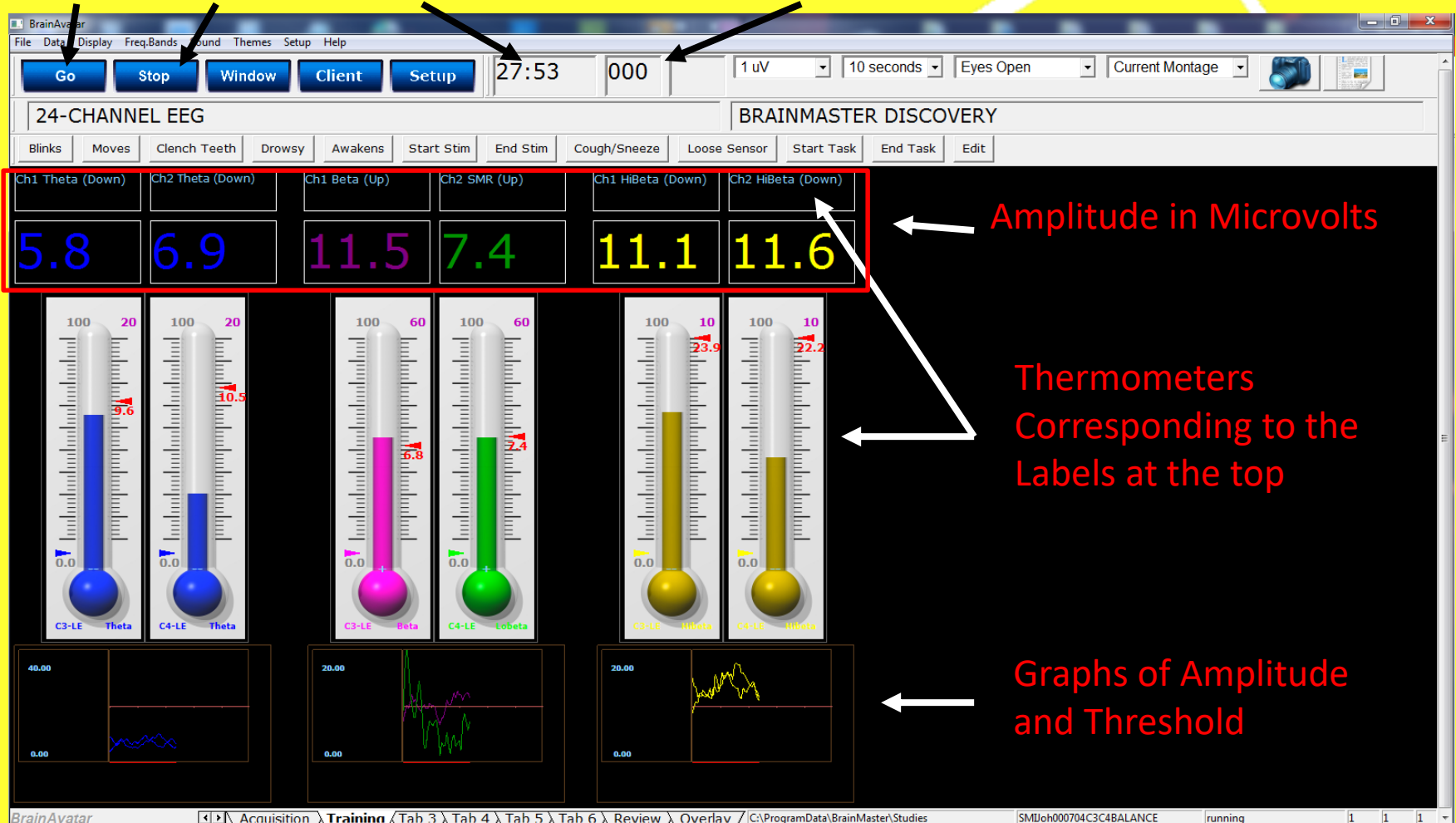
# BALANCE



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



Amplitude in Microvolts

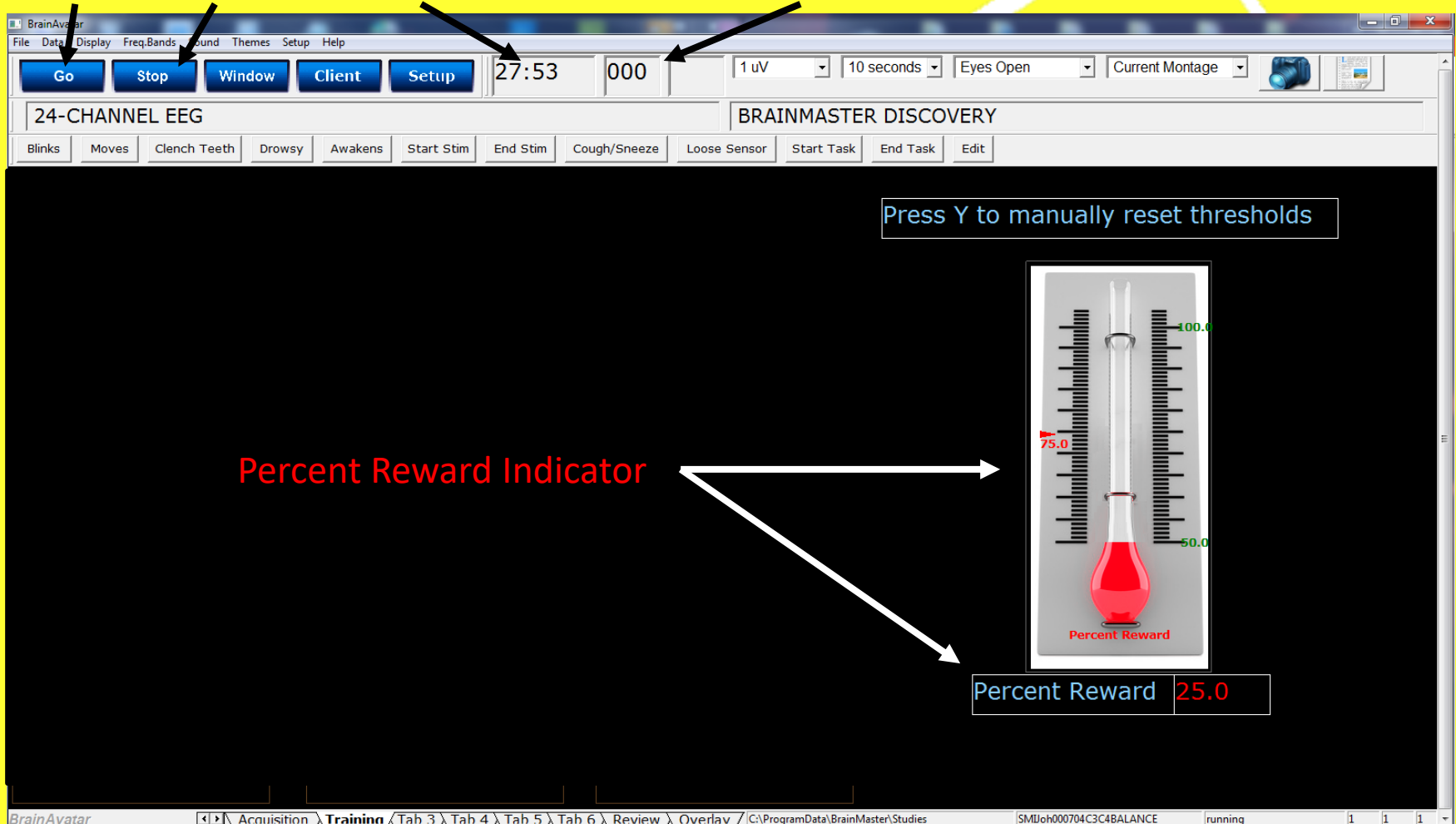
Thermometers Corresponding to the Labels at the top

Graphs of Amplitude and Threshold

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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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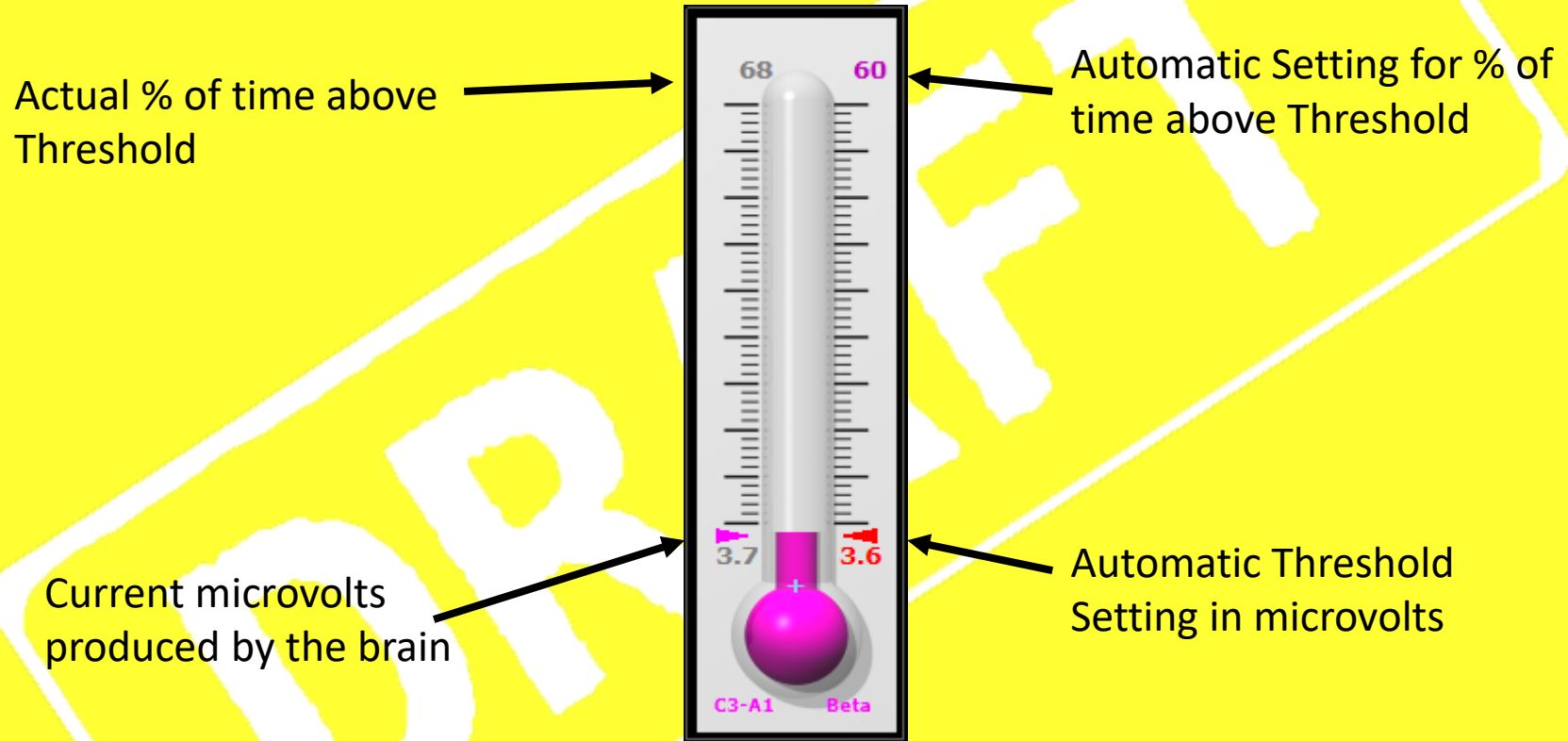
# BALANCE

## TO PRIME THE AUTOMATIC THRESHOLDING HIT THE “Y” KEY THIRTY (30) SECONDS AFTER THE PROGRAM IS STARTED.

If there seems to be a disparity between the automatic thresholding and the actual microvolts, hitting the “Y” key anytime will cause the threshold to equal the actual

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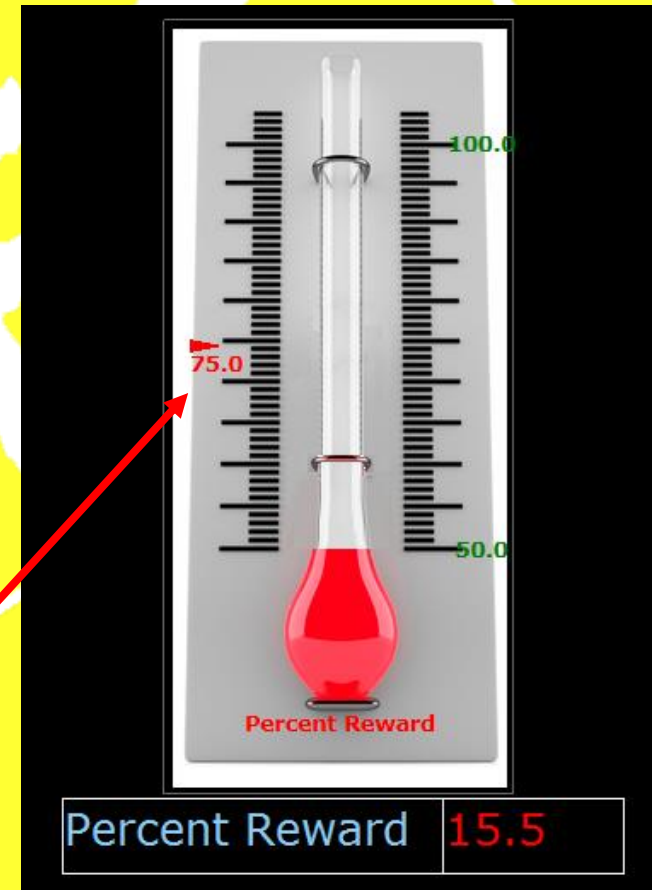
# Reading the Thermometer



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# Reading the % Reward Thermometer

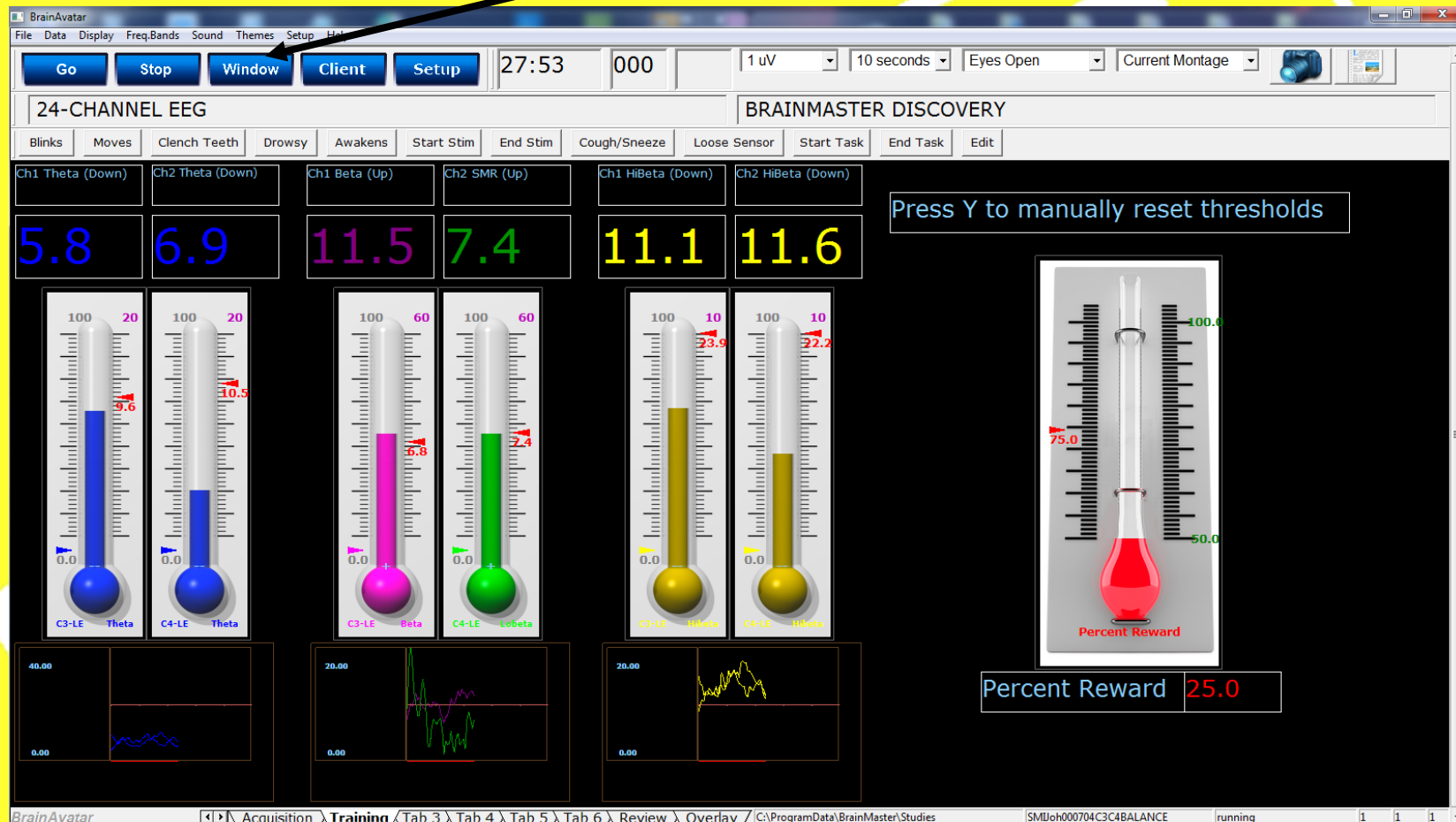
- Since there are 6 amplitude thermometers in this setting, it may be difficult for the client or technician to visualize and keep up with them all.
- The percent reward thermometer may be used as a less distractive way of training.
- The percent reward shows total reward over all 6 training metrics.
- As the percent reward increases the client shows more success and vice versa.
- A moveable target bar is provided to show the maximum reward achieved as a target for success.



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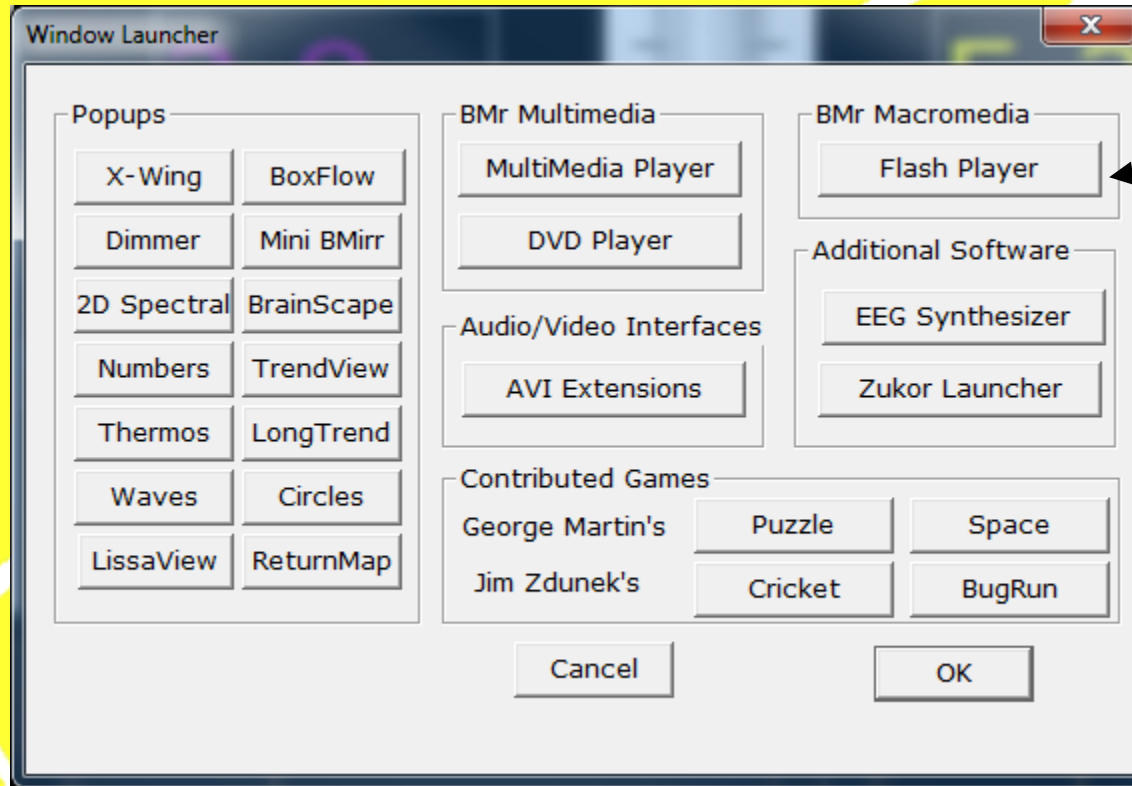
# Flash Player for Games

Click "Window"



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# Flash Player for Games

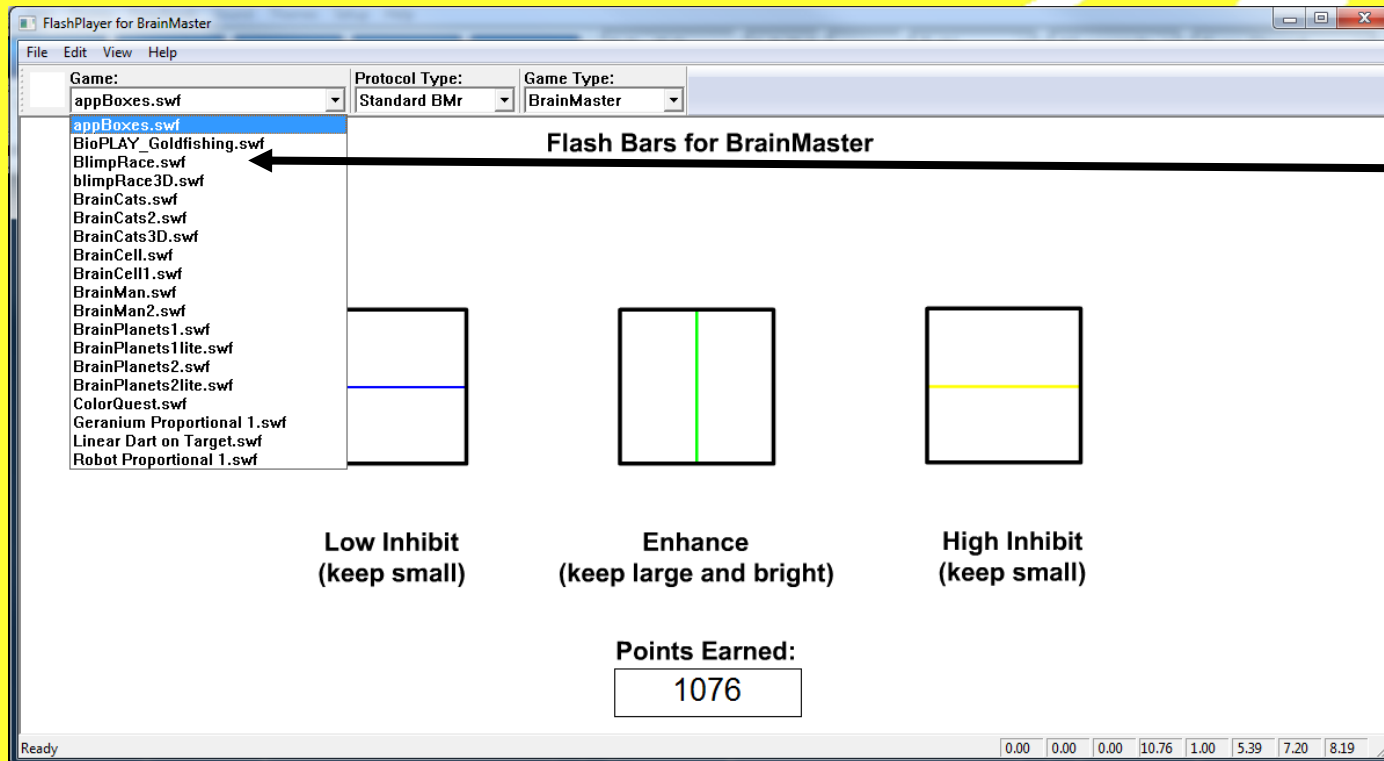


Click "Flash Player"

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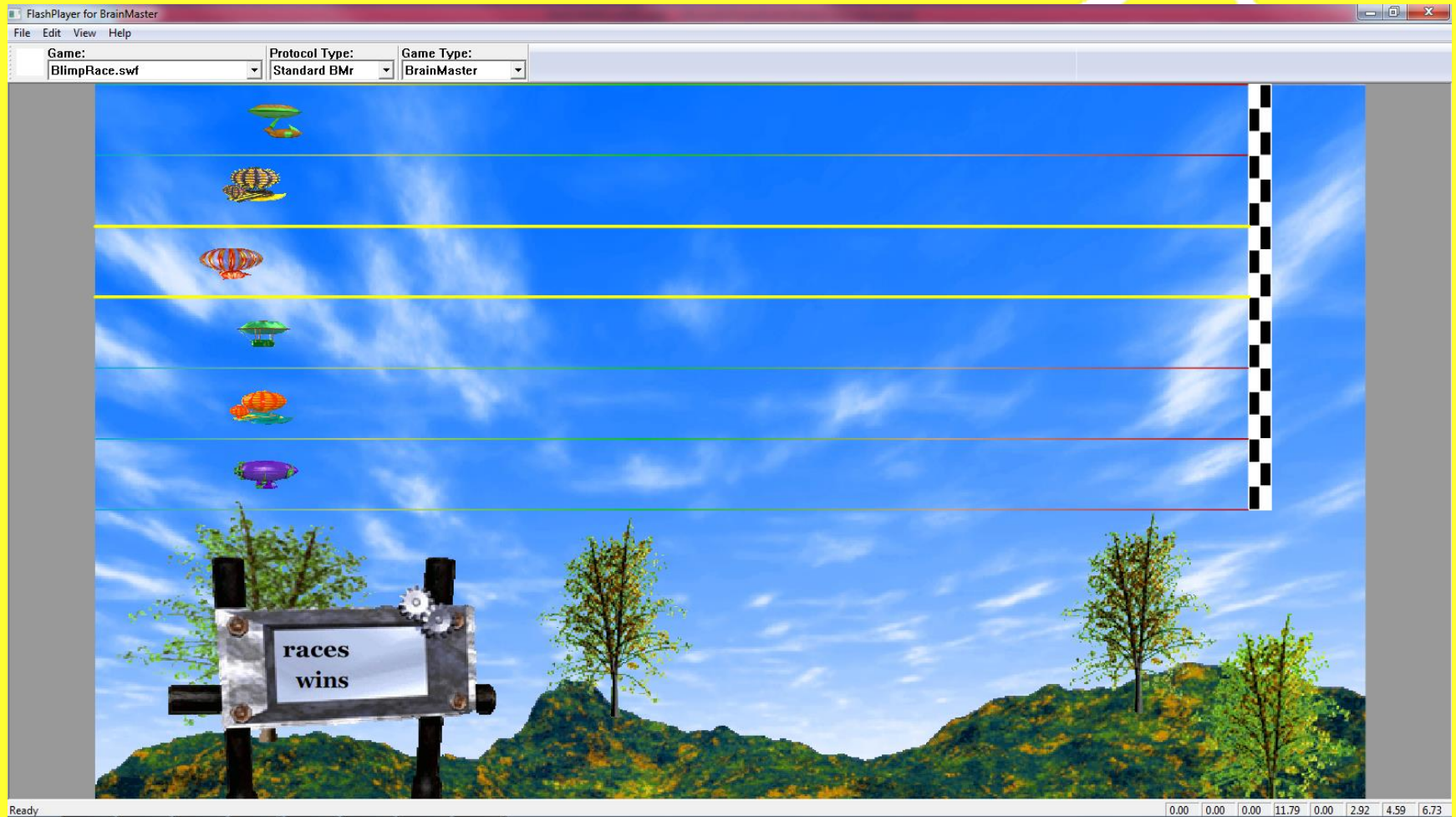
# Flash Player for Games



Click "Blimp Race"

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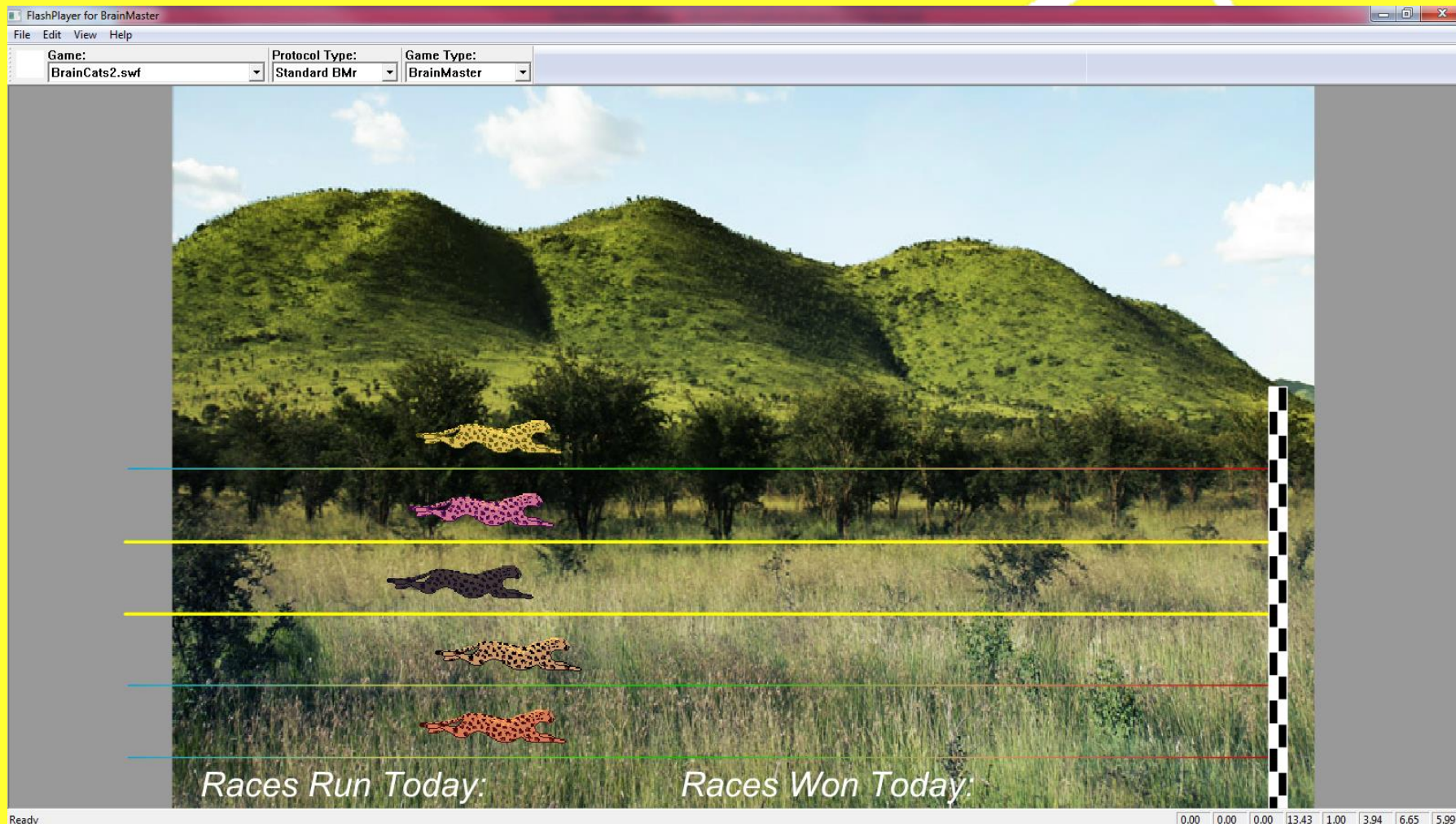
# Blimp Race



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

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# Brain Cats 2



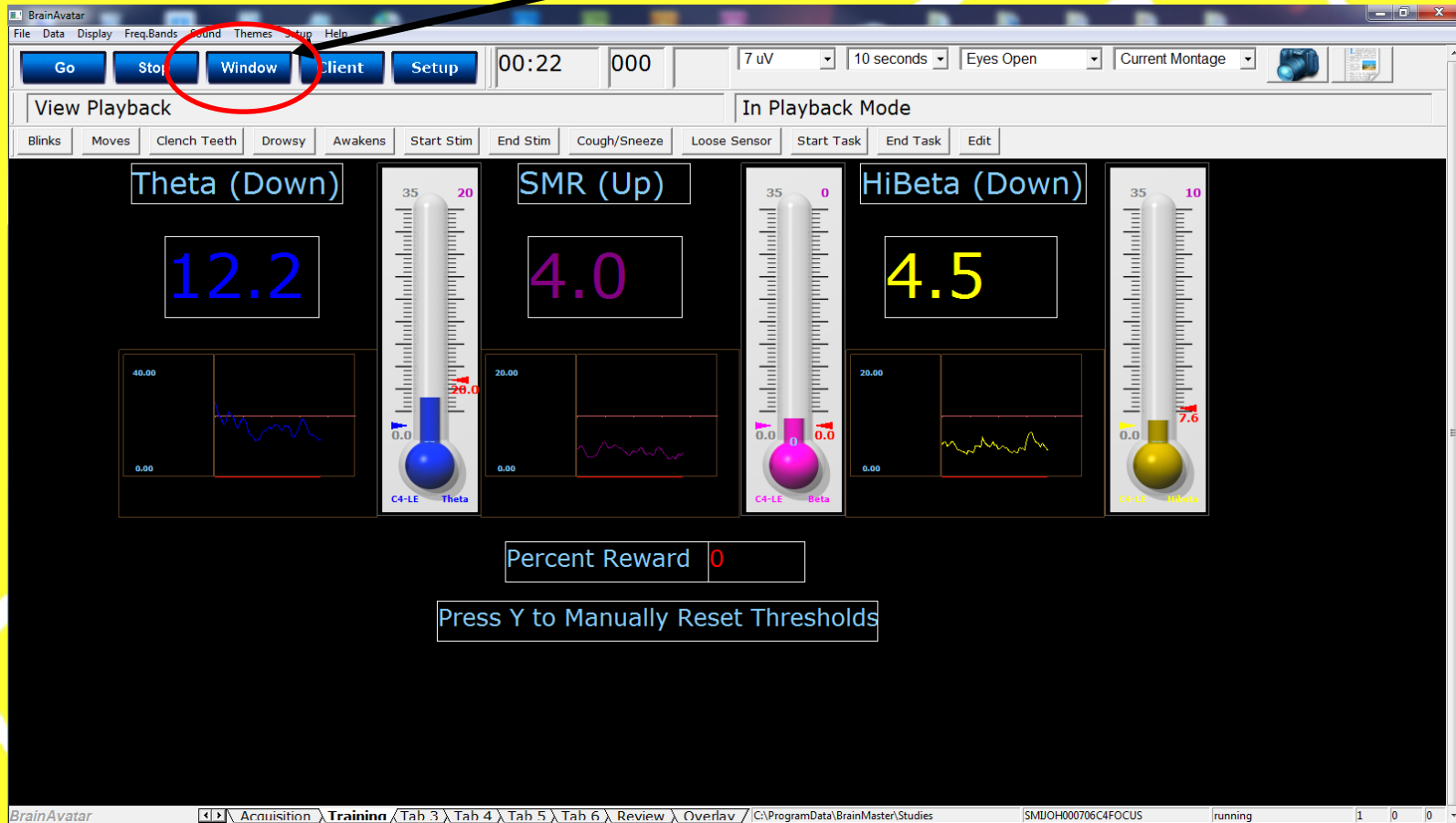
The Cat advances and the lane flashes yellow each time all three criteria are met.

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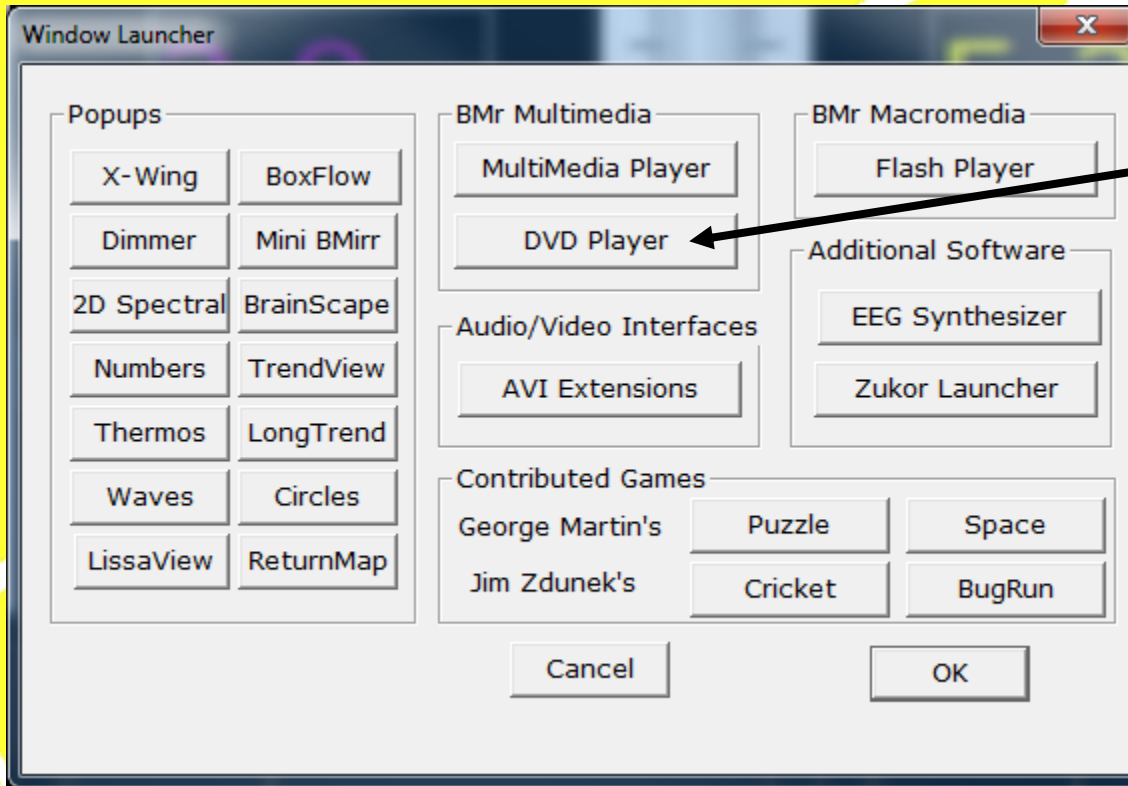
# DVD's

Click "Window"



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# DVD's



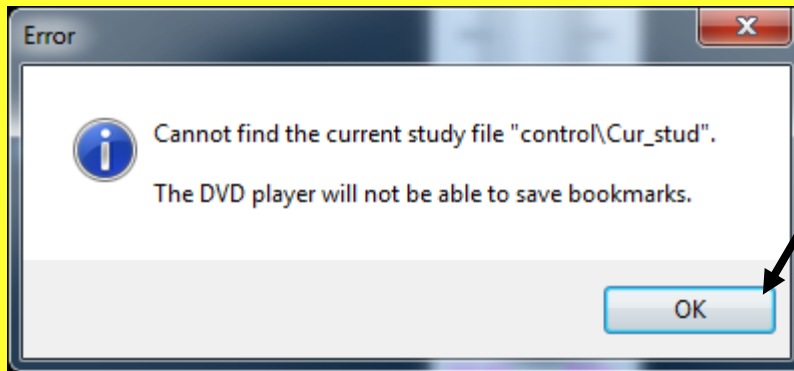
Place a DVD in the DVD Player

When the default DVD Player engages "CLOSE IT"

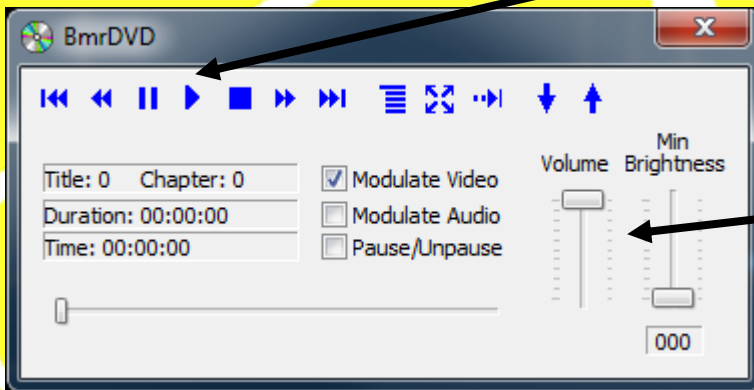
Click "DVD Player"

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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

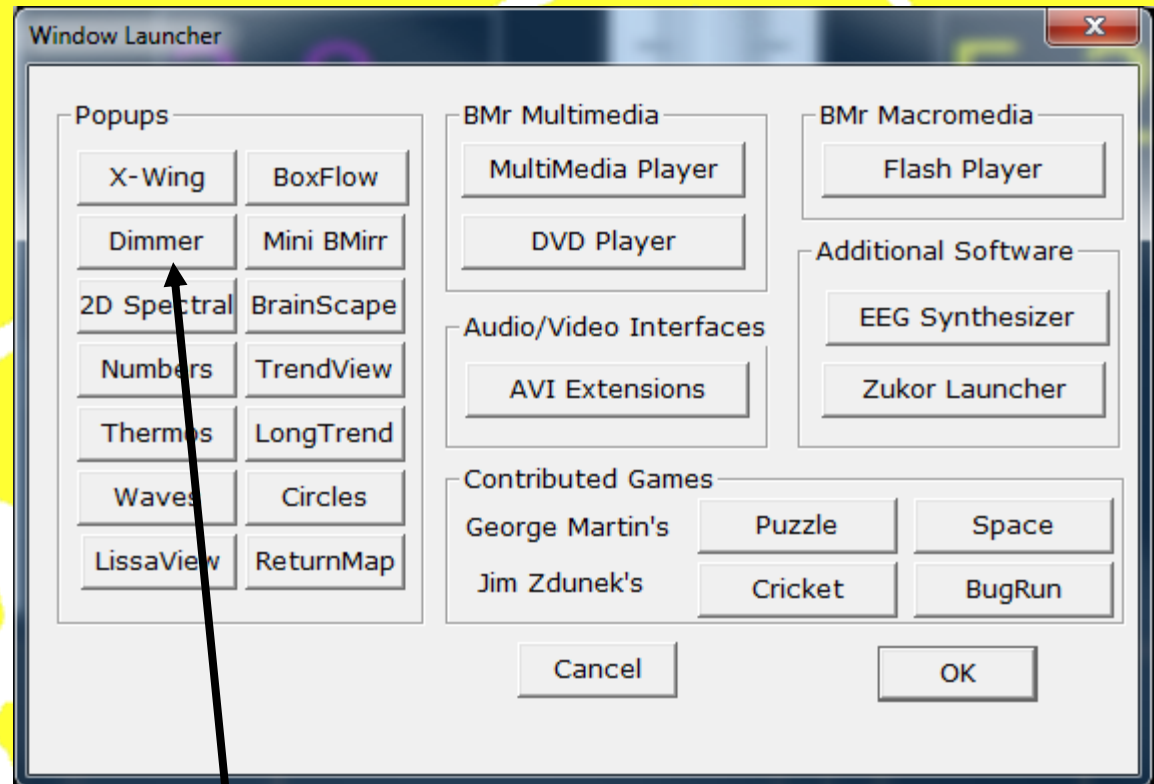
The DVD will brighten and get louder when criteria are met. Adjust the volume and brightness with the sliders.

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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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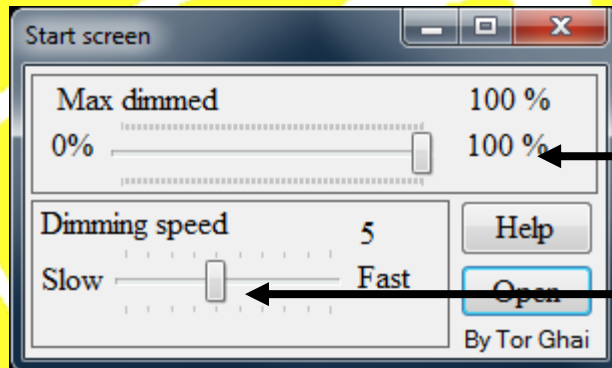
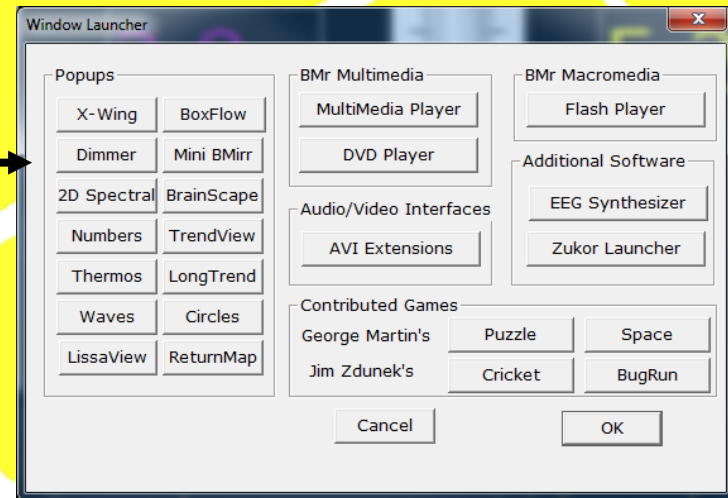
Choose a media source – in this case “YouTube”



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# The Dimmer

Click “Dimmer”



The Start Screen Window Opens

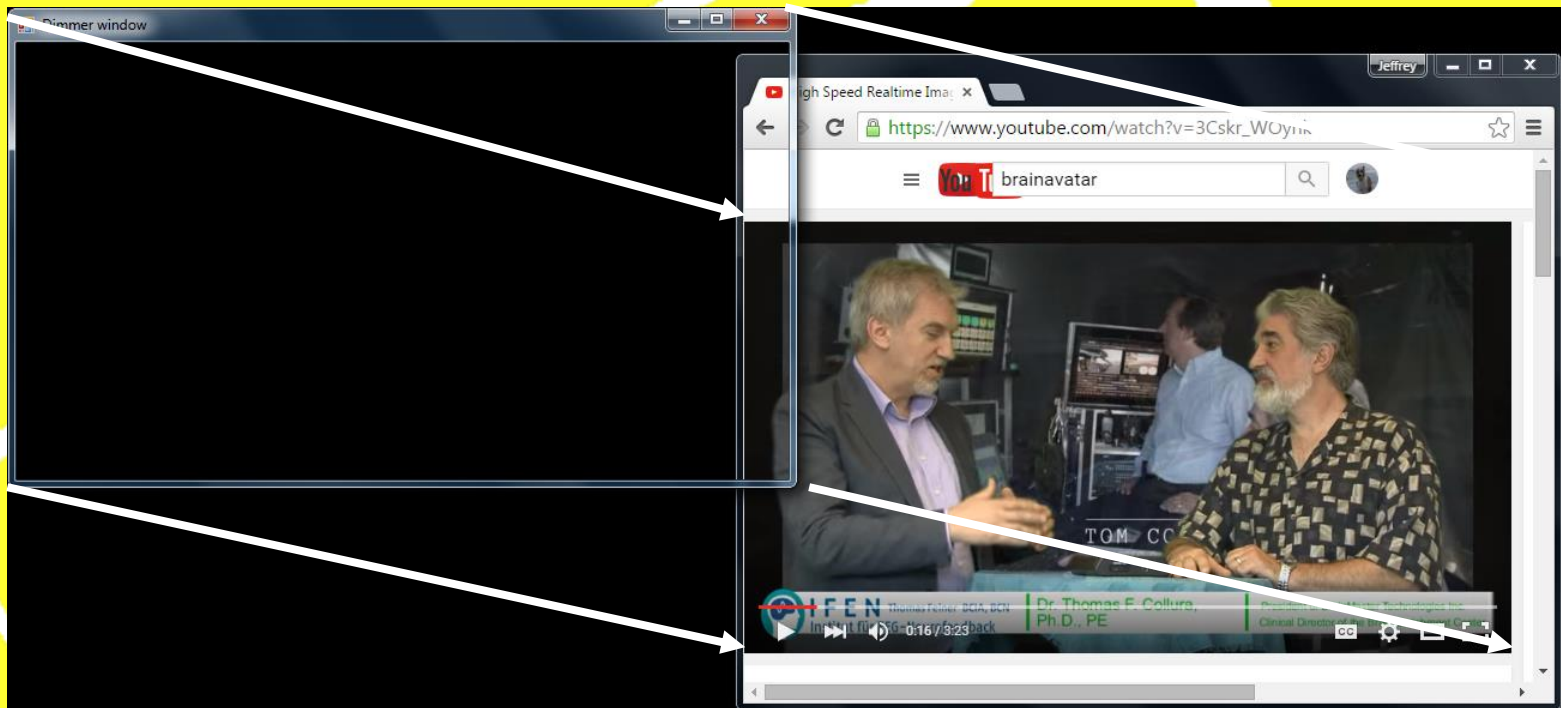
Maxed dimmed sets whether the media disappears or simply dims

Dimming speed sets how quickly the screen disappears

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# The Dimmer

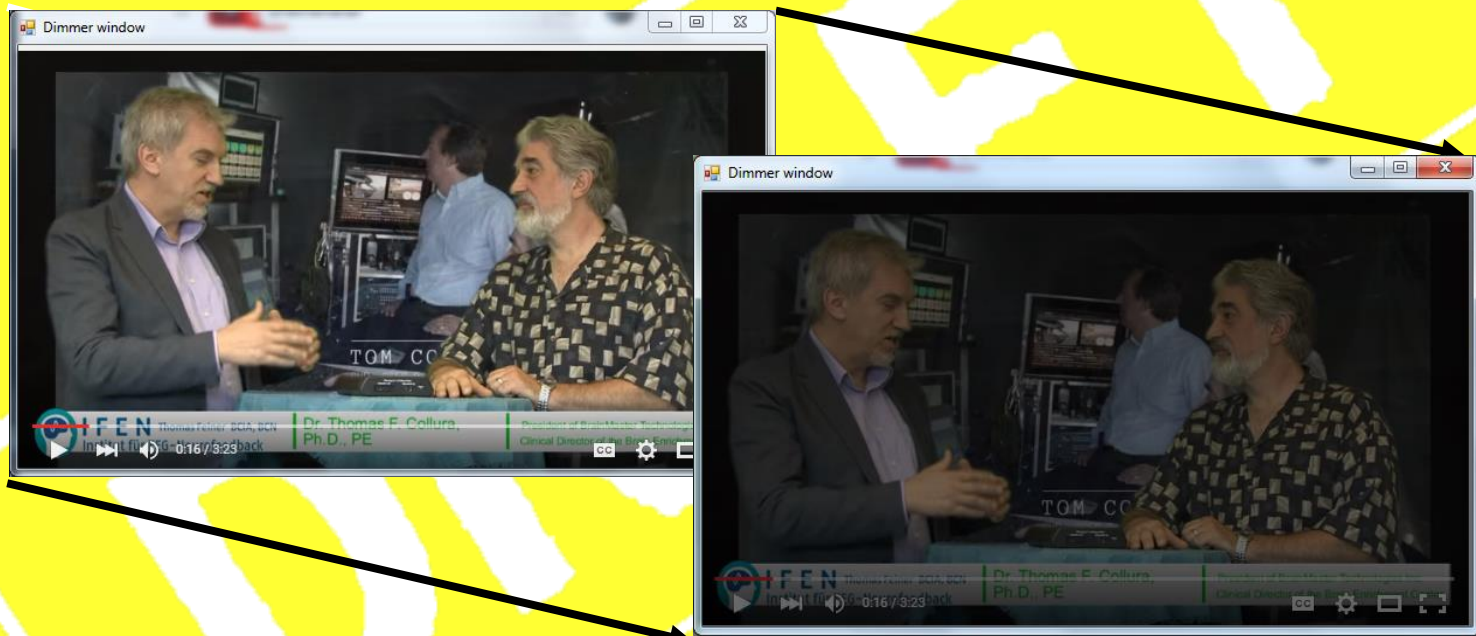
The Dimmer Window shall open which should be sized over the media that is presented to the client.



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# The Dimmer

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

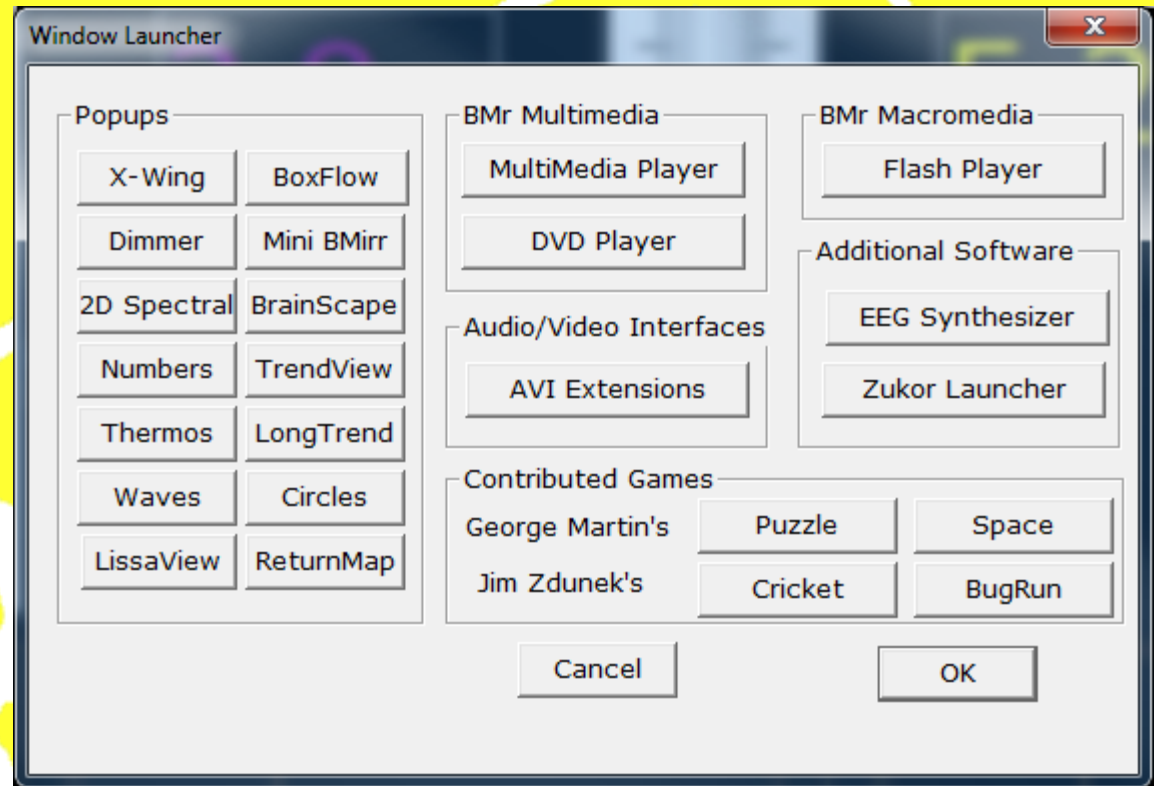


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# Other Media

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 Level 2 and beyond.



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