

Power Point Manual

**Get On The
BUS**



**BrainMaster
Universe
Simplified**



“Relax”
level 1
(No Changes)

Relax

Level 1

- At level 1 the “Relax” Setting provides alpha (8Hz - 12Hz) enhancement at Pz.
- By providing elevation of alpha at Pz the client may achieve a sense of quiet relaxation. Elevated alpha is synonymous with the brain idling or slowing so that even though it senses the external environment it can simply be aware of it without having to act or process.

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.

Relax

Level 1

- While alpha 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 “Relaxed”. Therefore a client is trained to maintain lower levels of theta while increasing levels of alpha.

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Relax

Level 1

- While alpha is being enhanced, hibeta (20Hz - 30Hz) is inhibited. Hibeta is a measure of hypervigilance, anxiety or rumination. Being anxious one shuffles through many unfocused thoughts which is contrary to being “Relaxed”. Therefore a client is trained to maintain lower levels of hibeta while increasing levels of alpha.

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Relax

Level 1

Lets Begin

- Make Sure the Atlantis Amplifier is plugged in.

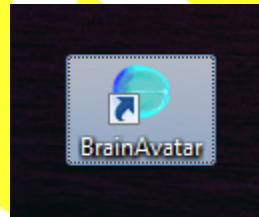


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Relax

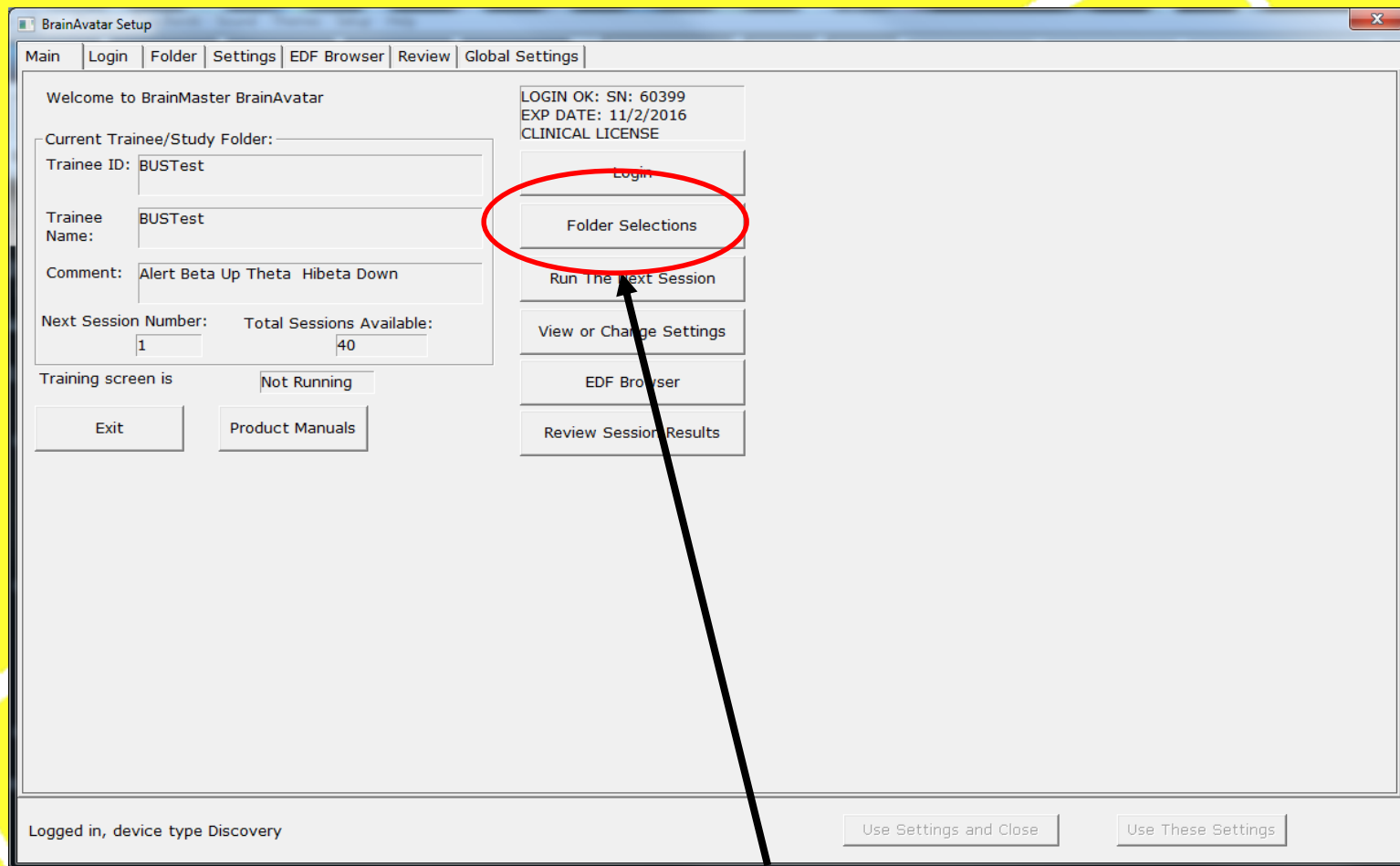
Level 1

- 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

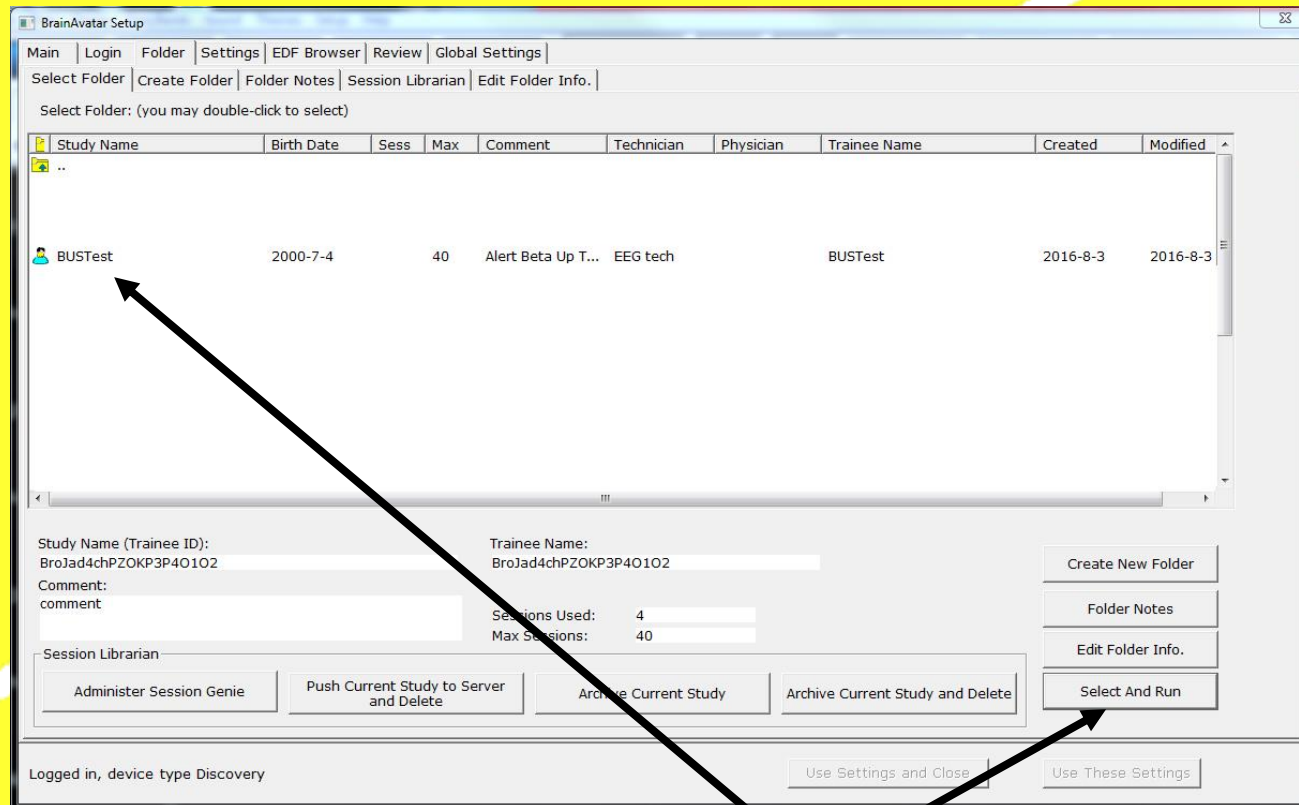
Create New Folder | Folder Notes | Edit Folder Info. | Select And Run

Logged in, device type Discovery

Use Settings and Close | Use These Settings

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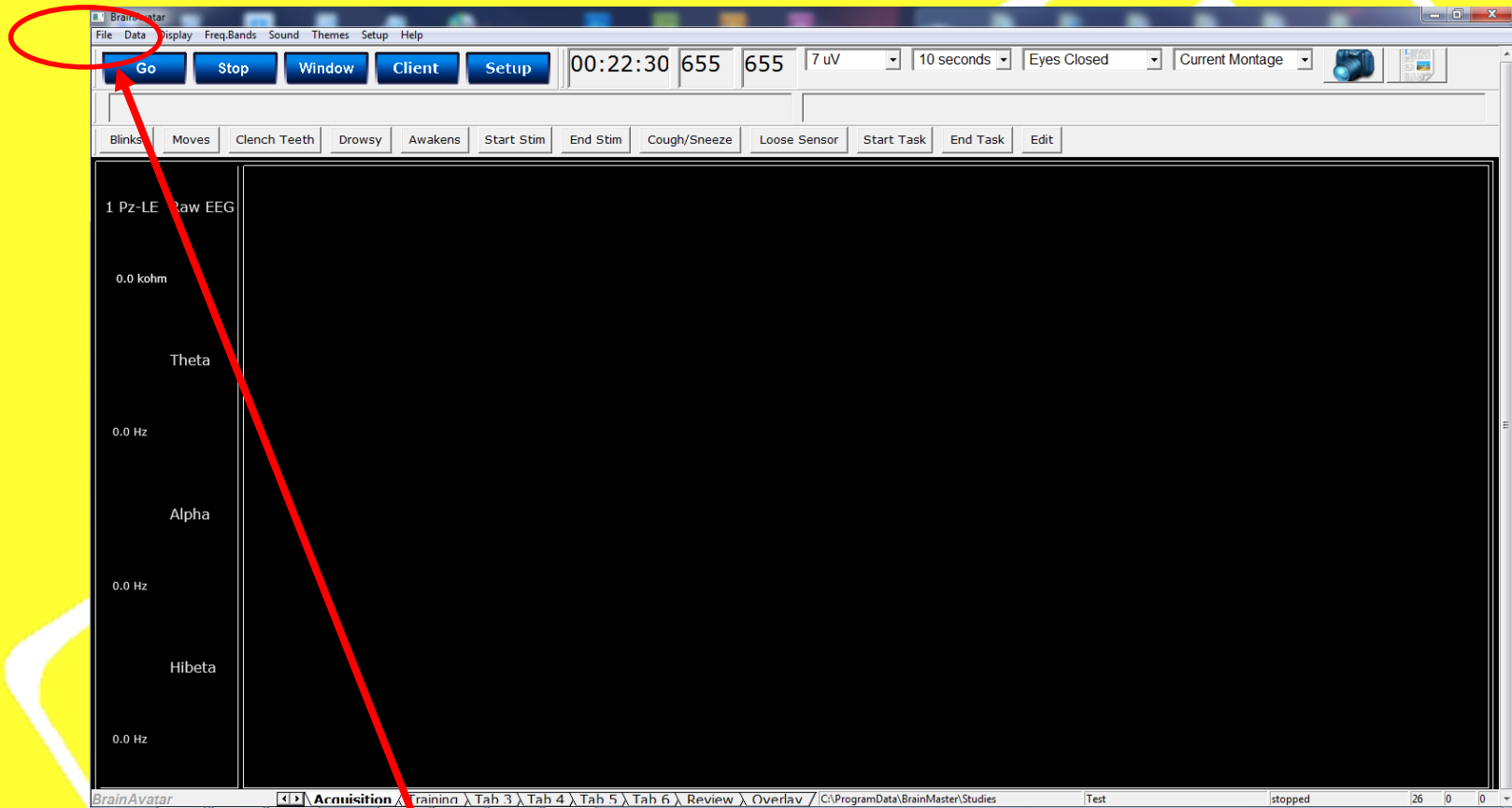
- The Select Folder Screen will appear.



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

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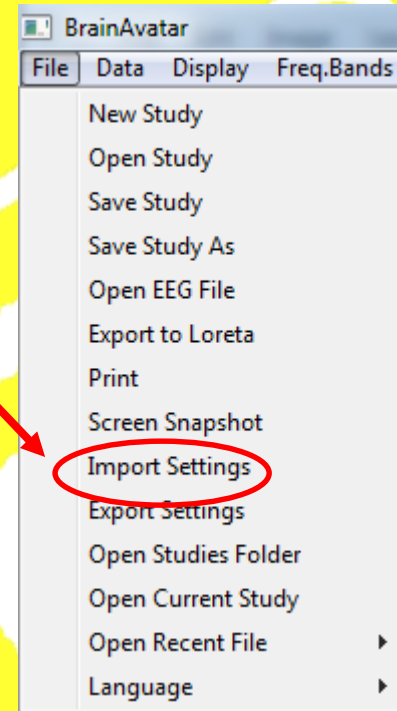
- The BrainAvatar Acquisition Screen is illuminated. Let's load the original Relax Level 1 Setting File.




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

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- Next click “Import Settings”.



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

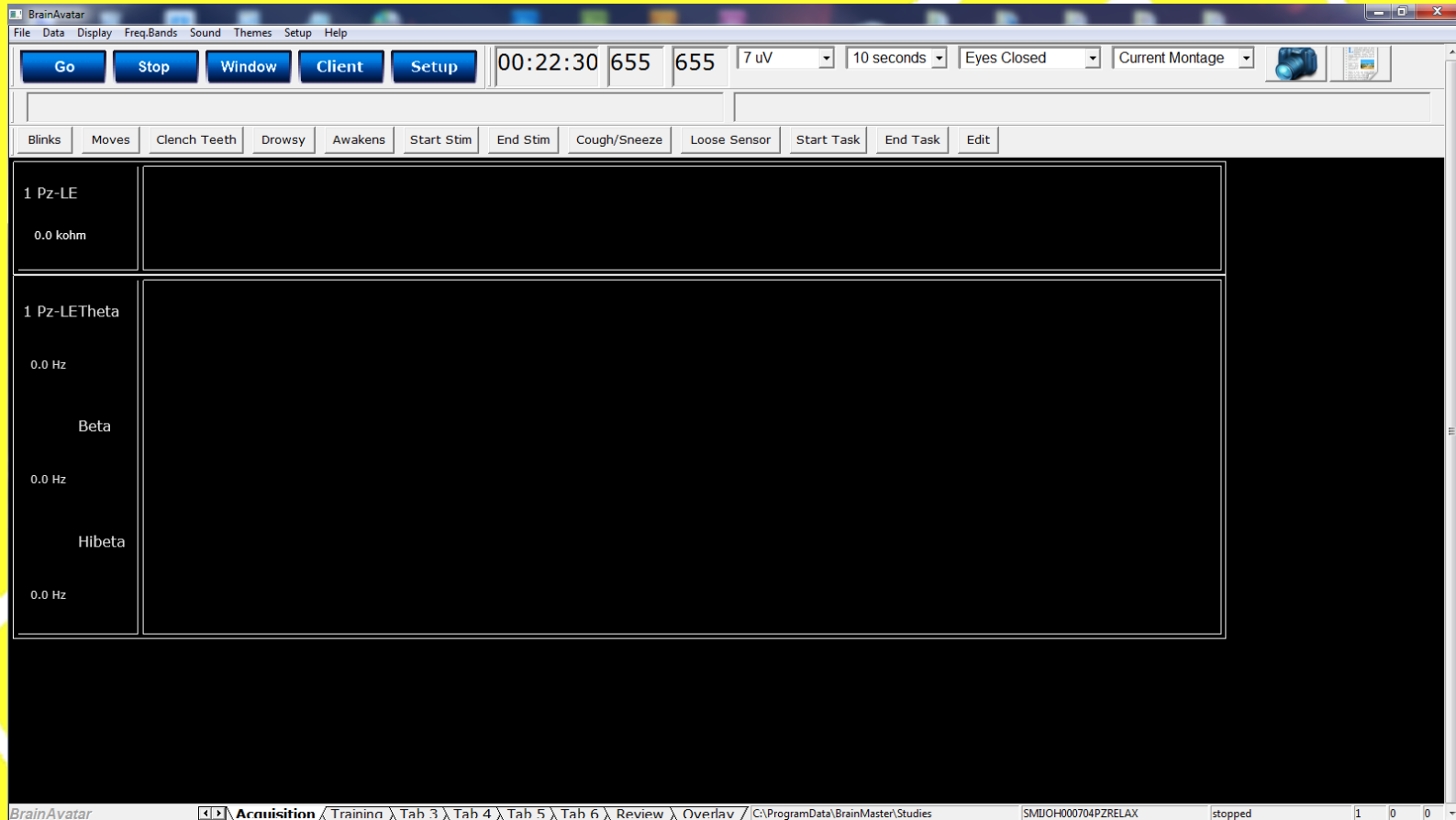
Name	Date modified	Type	Size
 0601001Relax.bdb2	11/18/2015 6:42 PM	BDB2 File	141 KB

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

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Relax

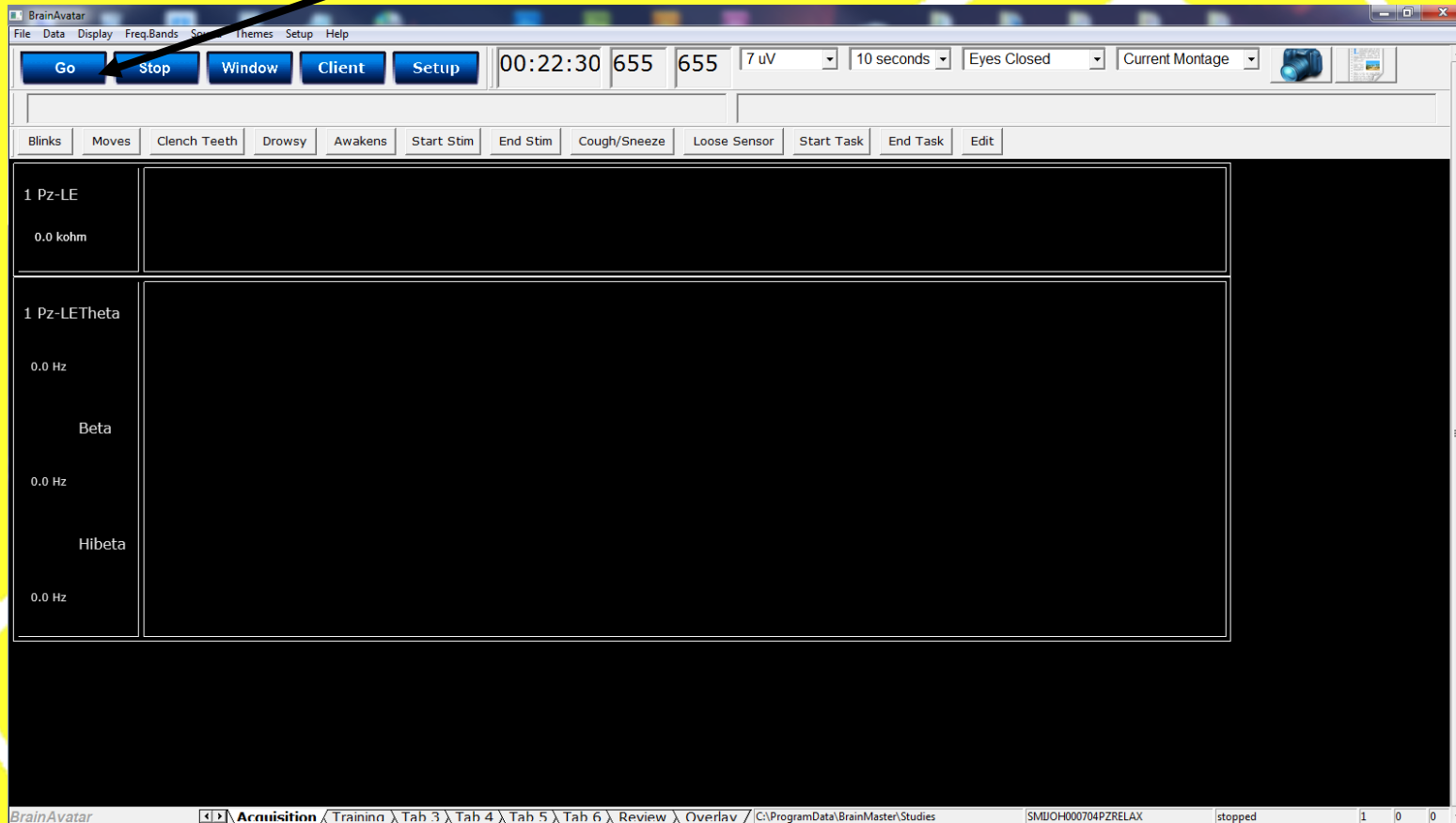
The Protocol is now ready to run



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Relax

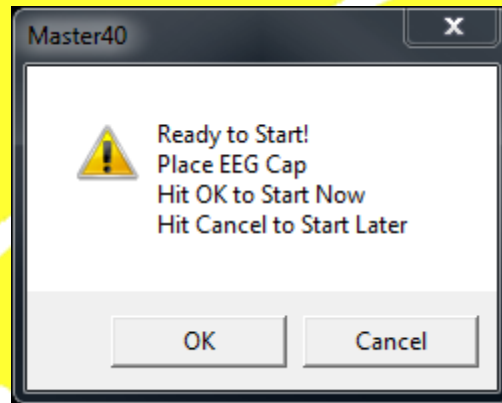
Click the “Go” Button



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Relax

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 Pz, the two ear clips and the GND only or,
2. Place an electrode at Pz, two ear clips and one at a suitable ground location with the other ends plugged into the appropriate slots in the lid of the discovery.

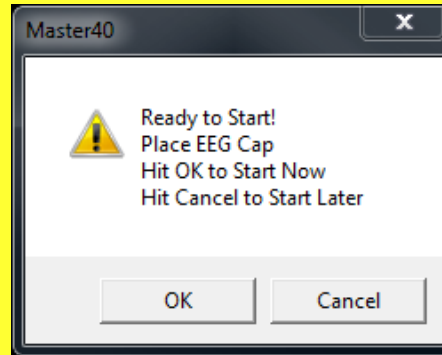
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Relax



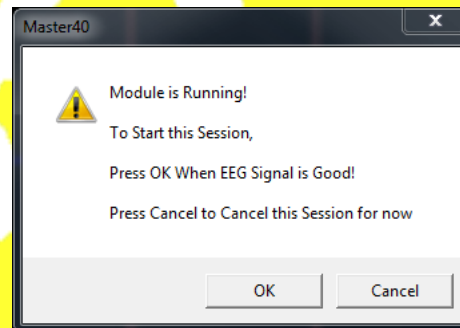
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Click “OK”



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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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. Alpha 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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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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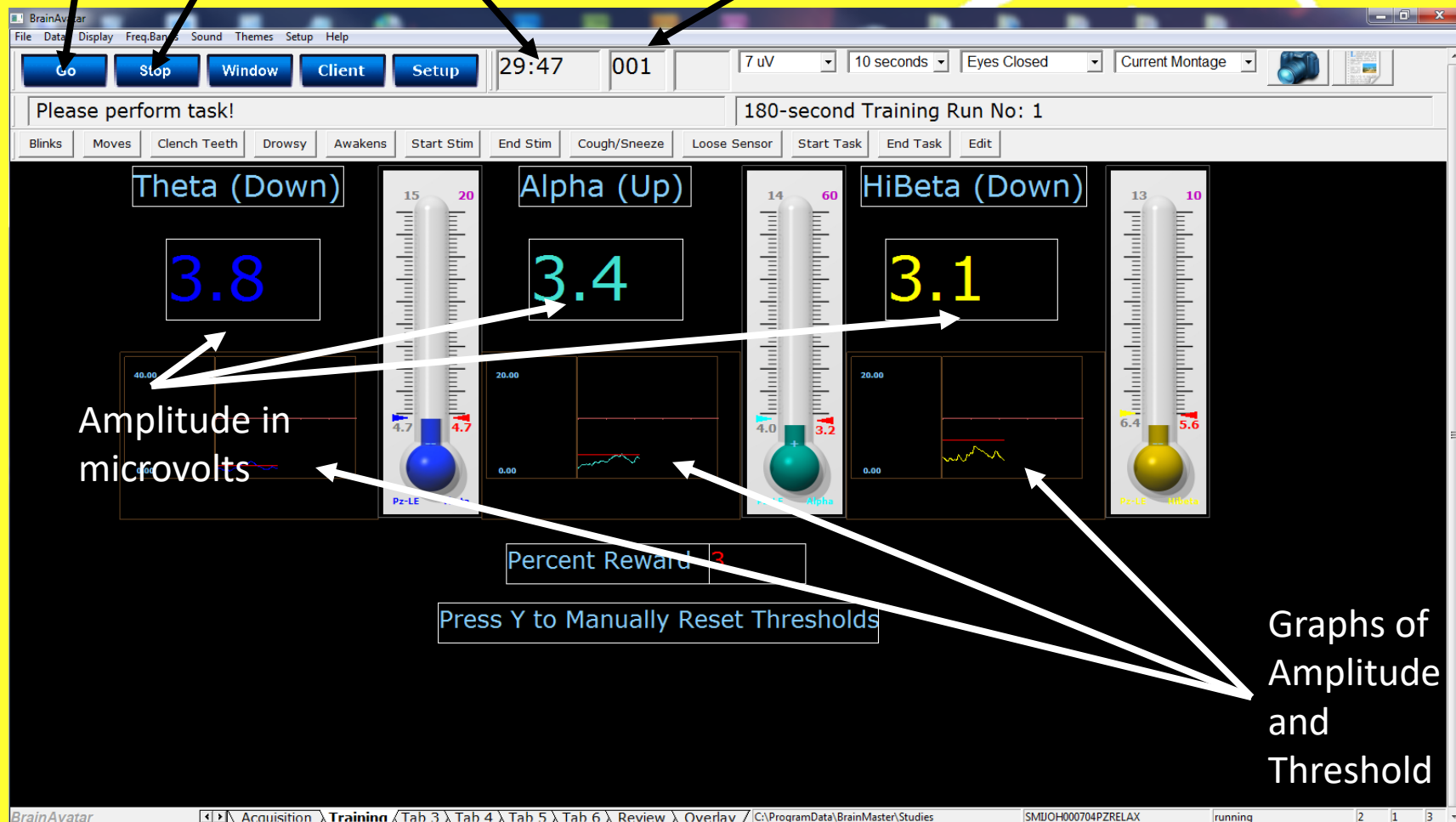
Relax



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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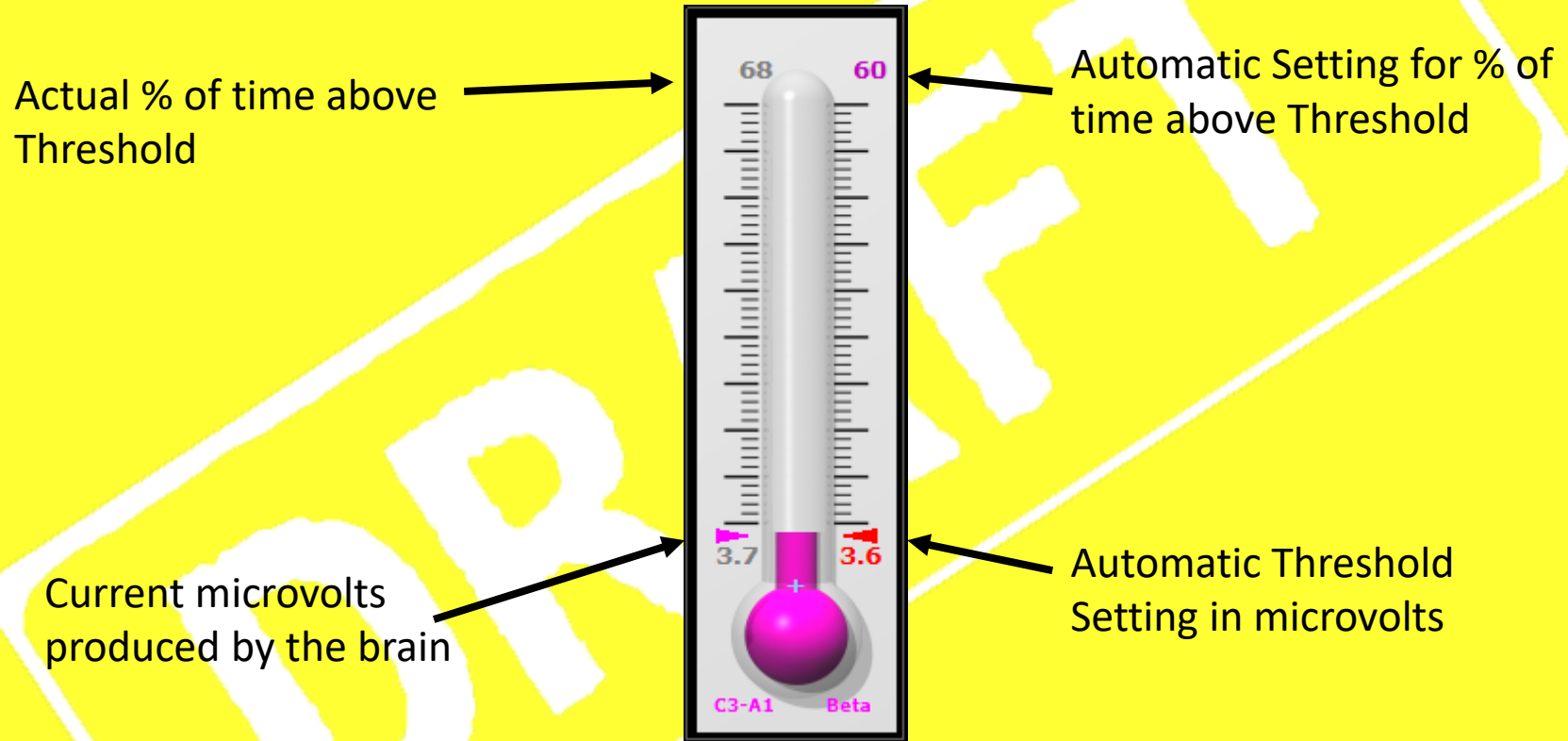
Relax

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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The Relax Setting is intended to be performed with the Eyes Closed.

Have the client recline in an easy chair or sit comfortably...Close her/his eyes...and gently go into a relaxed state. The tones signal the brain when Alpha is increasing without the interruption of a theta state (daydreaming or dozing off) or a high beta state (rumination or busy brain).

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