

Power Point Manual

**Get On The
BUS**



**BrainMaster
Universe
Simplified**



**“Peak”
level I
(No Changes)**

Peak

Level 1

- At level 1 the “Peak” Setting provides alpha (8Hz - 12Hz) coherence enhancement between O1 and O2.
- By elevating coherence between these two locations one is being trained to produce synchronous alpha which causes one to be more calm, open focused and achieve a higher state of readiness, consciousness and cognitive ability.

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.

Peak

Level 1

Lets Begin

- Make Sure the Atlantis Amplifier is plugged in.

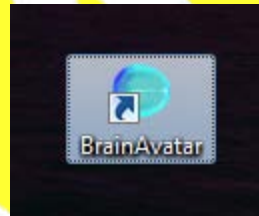


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Peak

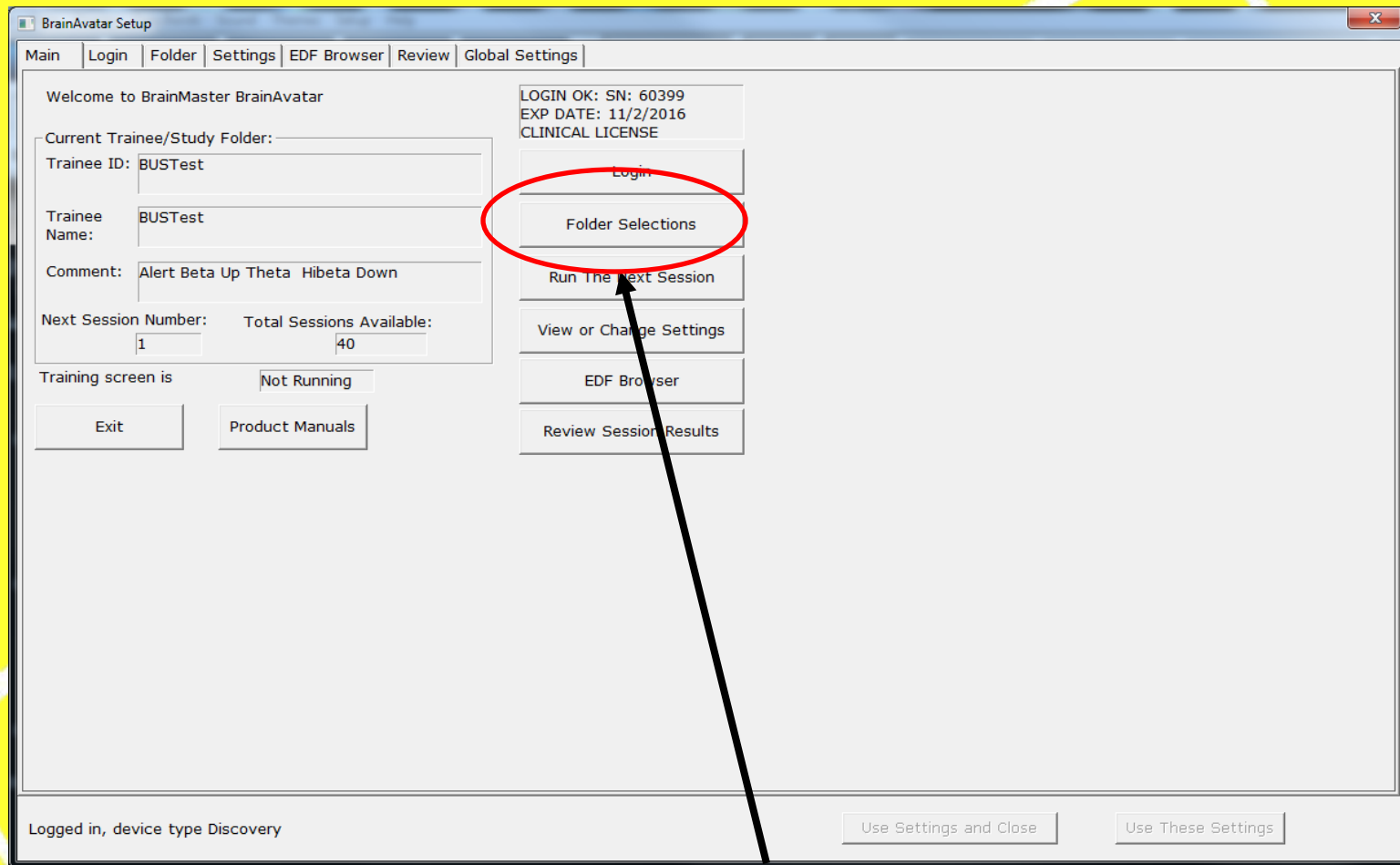
Level 1

- 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

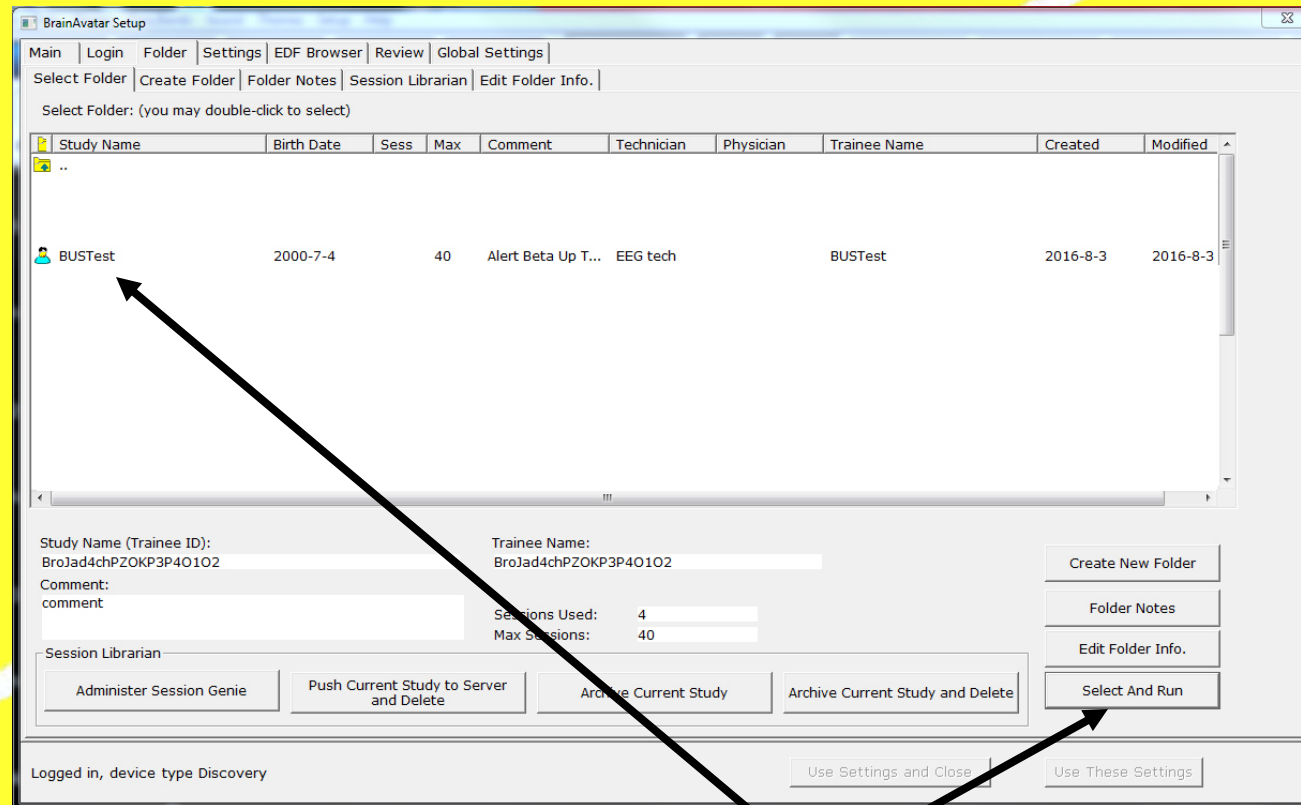
Create New Folder | Folder Notes | Edit Folder Info. | Select And Run

Logged in, device type Discovery

Use Settings and Close | Use These Settings

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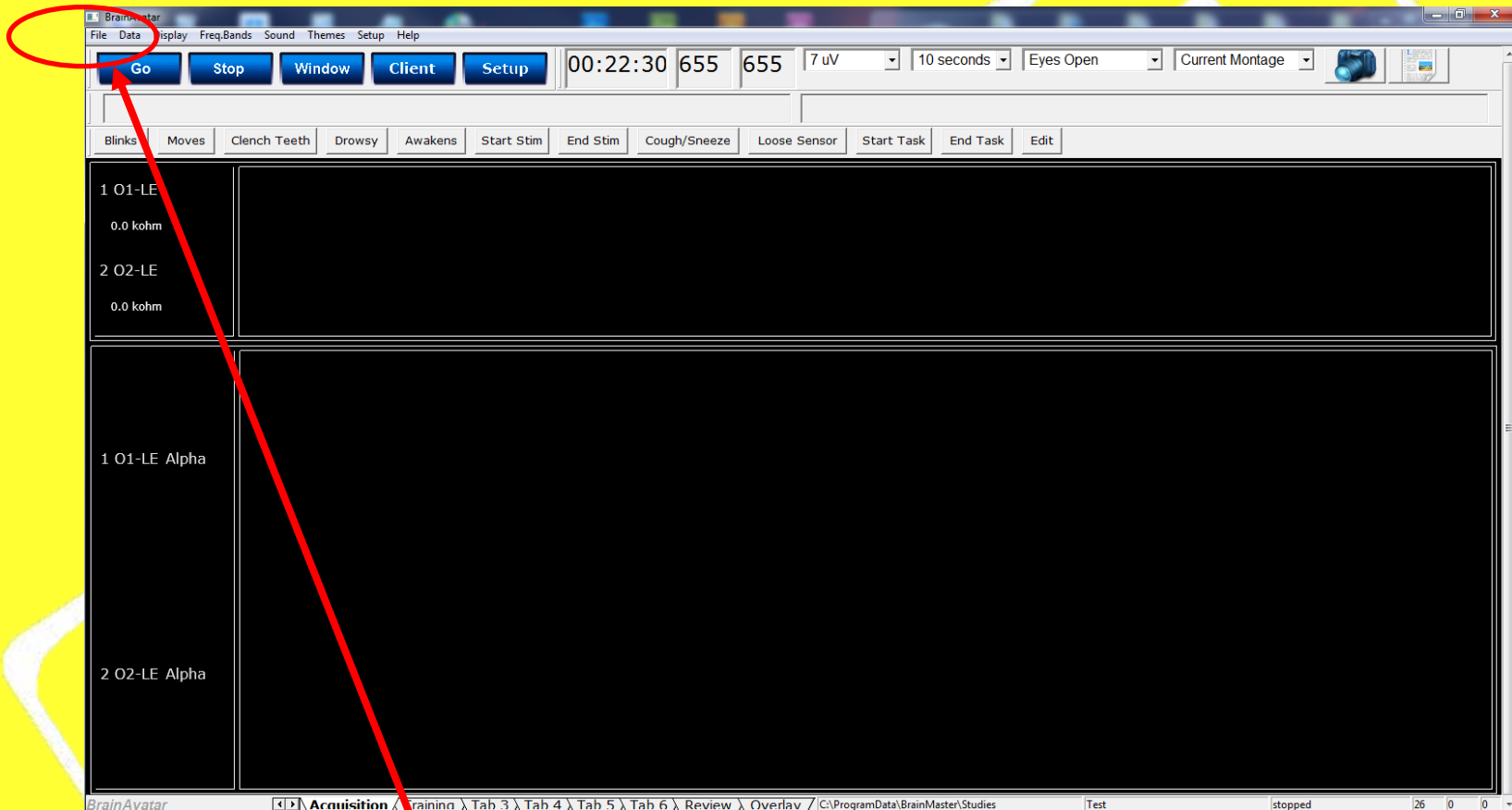
- The Select Folder Screen will appear.



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

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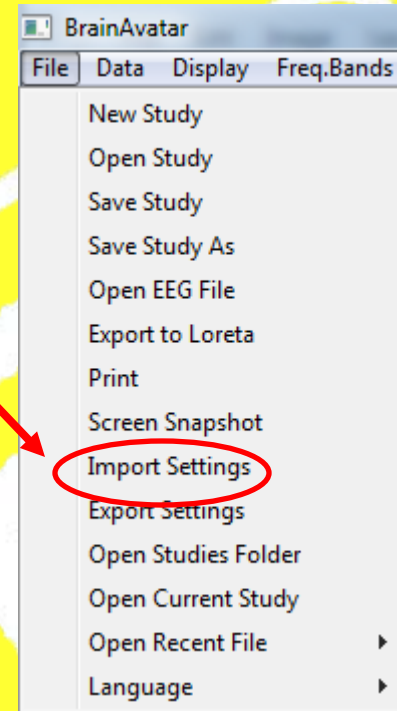
- The BrainAvatar Acquisition Screen is illuminated. Let's load the original Peak Level 1 Setting File.




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

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- Next click “Import Settings”.



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

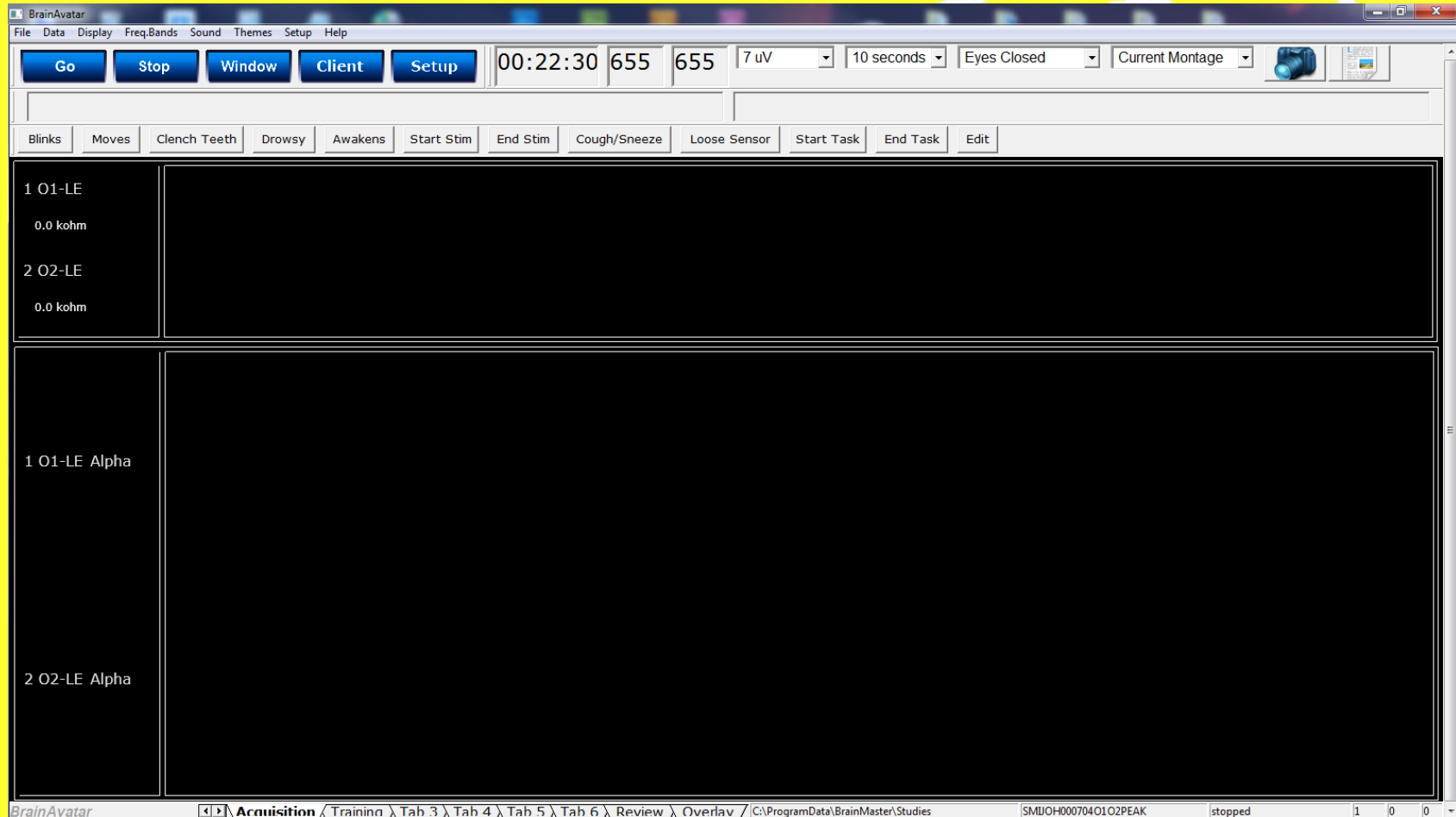
Name	Date modified	Type	Size
 0501001Peak.bdb2	11/20/2015 3:43 PM	BDB2 File	135 KB

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

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Peak

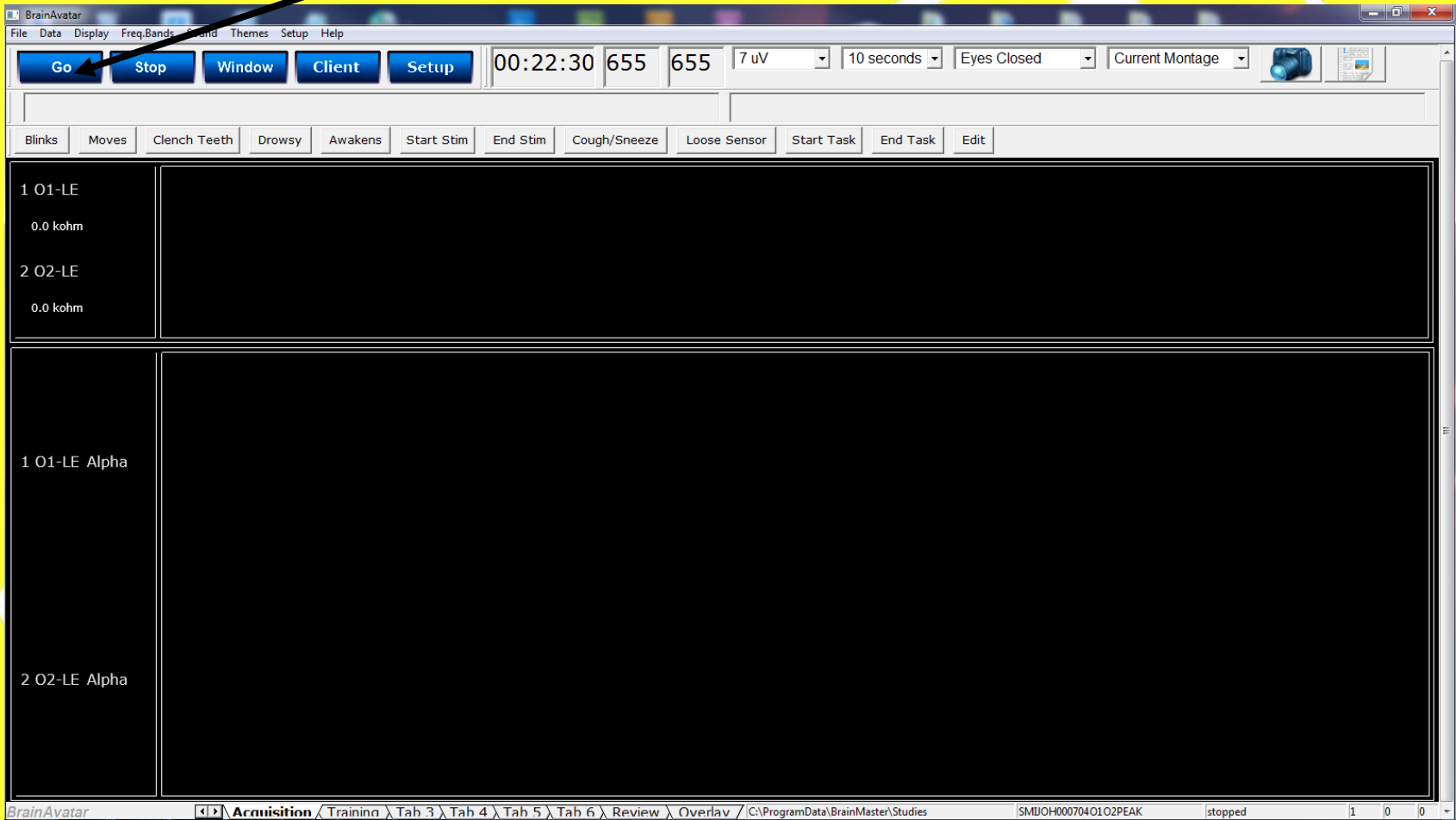
The Protocol is now ready to run



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Peak

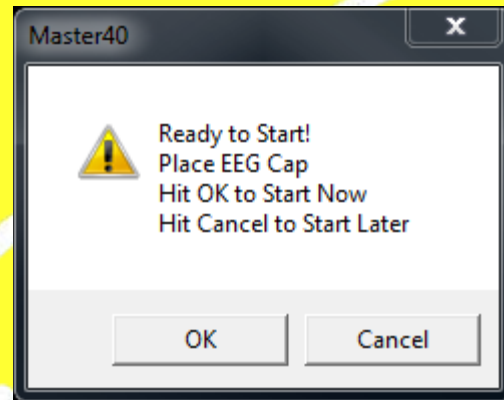
Click the "Go" Button



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Peak

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 O1O2, the two ear clips and the GND only or,
2. Place electrodes at O1O2, 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.

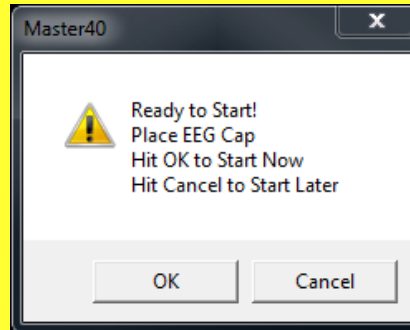
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Peak



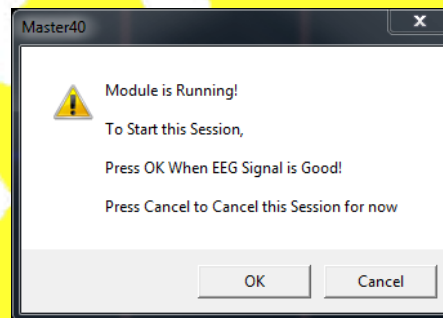
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Click "OK"



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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Peak

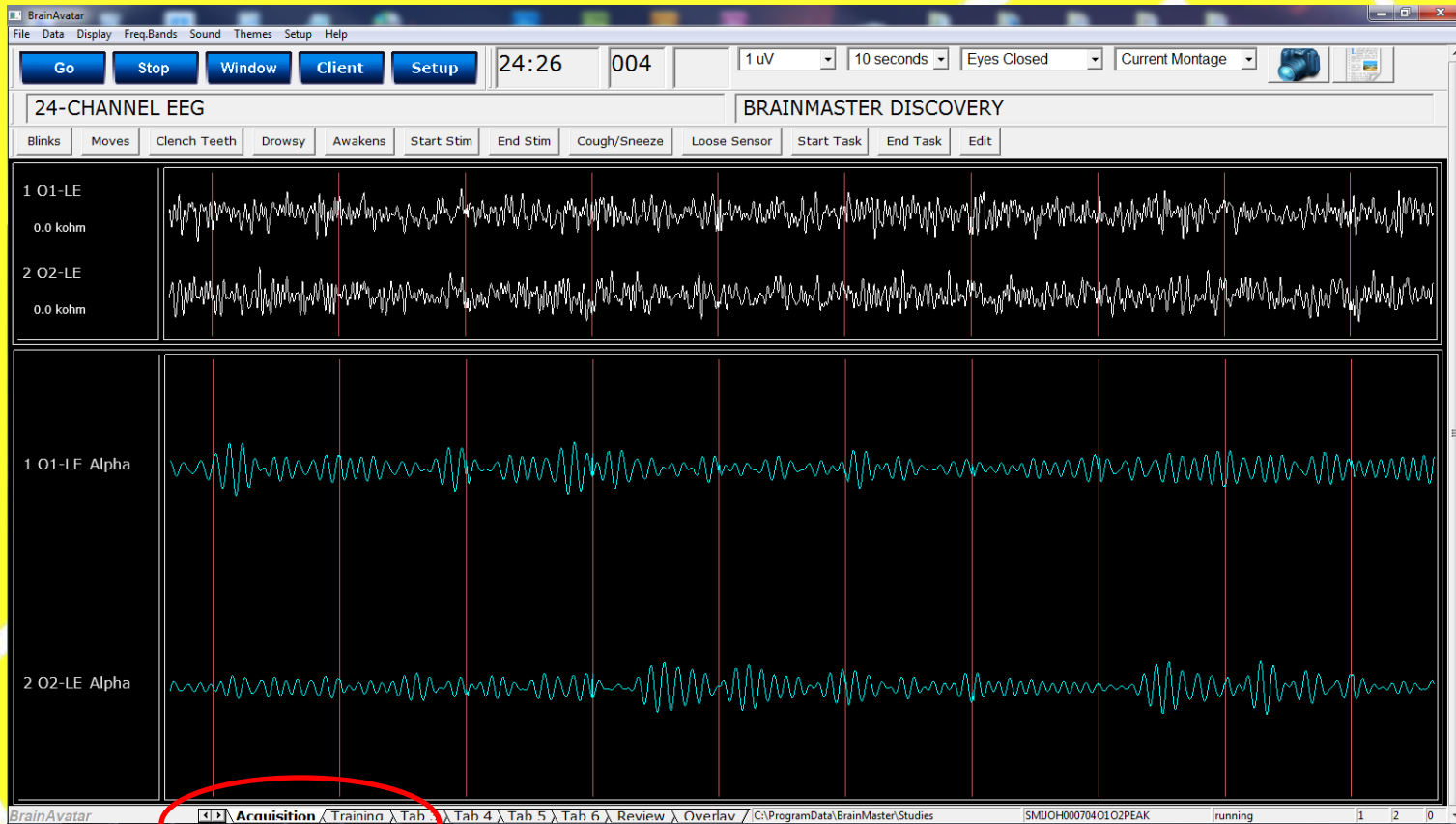
The protocol is designed to run for :

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 Manual:
 - a. Start with the coherence adjustment at 40%.
 - b. If the coherence does not reach 40% which may be likely, adjust it downward by striking “shift c” a number of times so that coherence fluctuations barely rise above the newly set threshold. Make minor adjustments until the percent reward is between 40% to 60%.
 - c. If the coherence is consistently above 40% adjust it upward by striking “c” a number of times so that coherence fluctuations barely rise above the newly set threshold. Make minor adjustments until percent reward is between 40% and 60%.
3. **WARNING: IT MAY NOT BE RECOMMENDED TO INCREASE COHERENCE ABOVE 40%**

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Peak

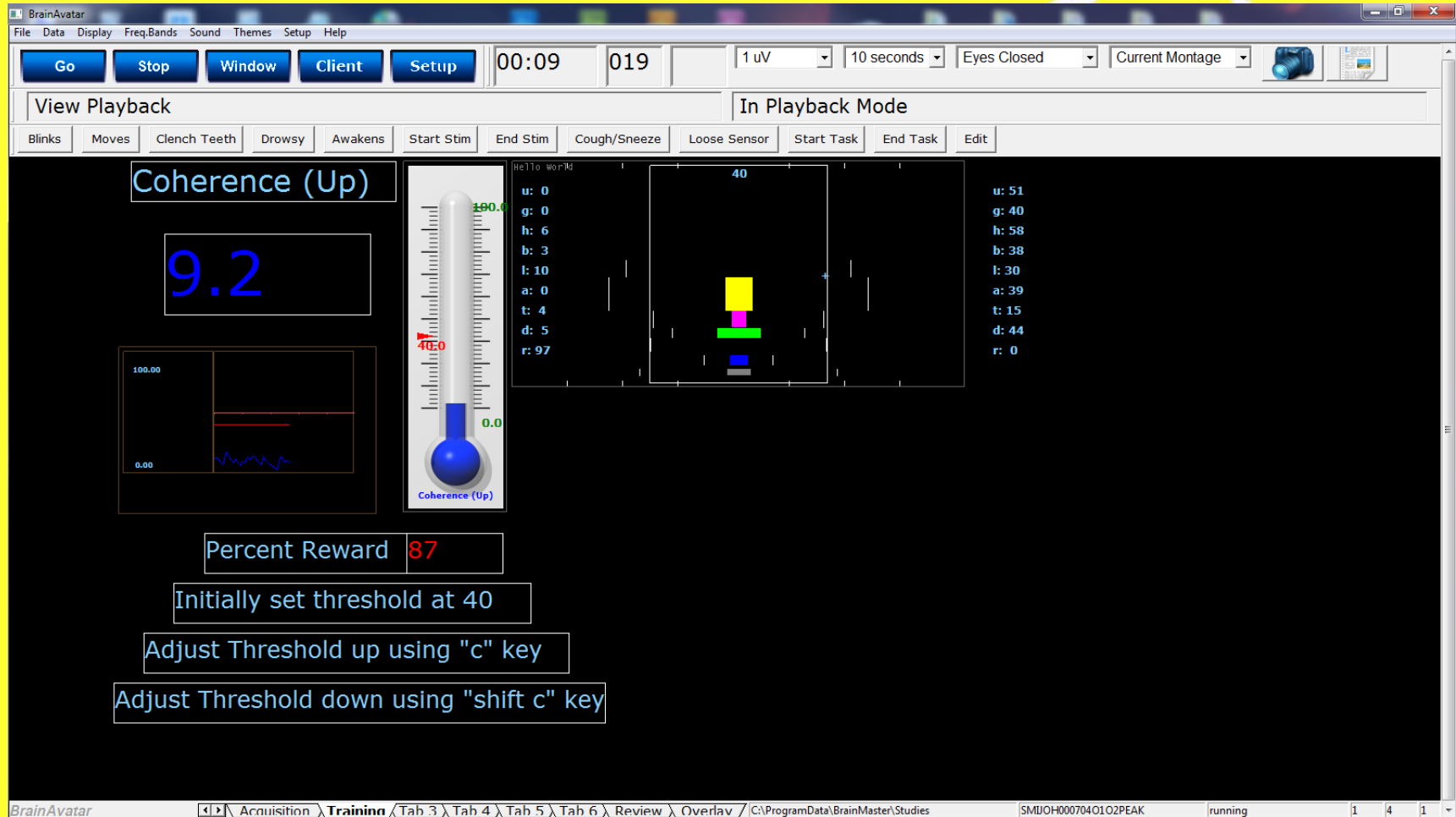
Take a moment and check that the EEG is good. If not, then take necessary action



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

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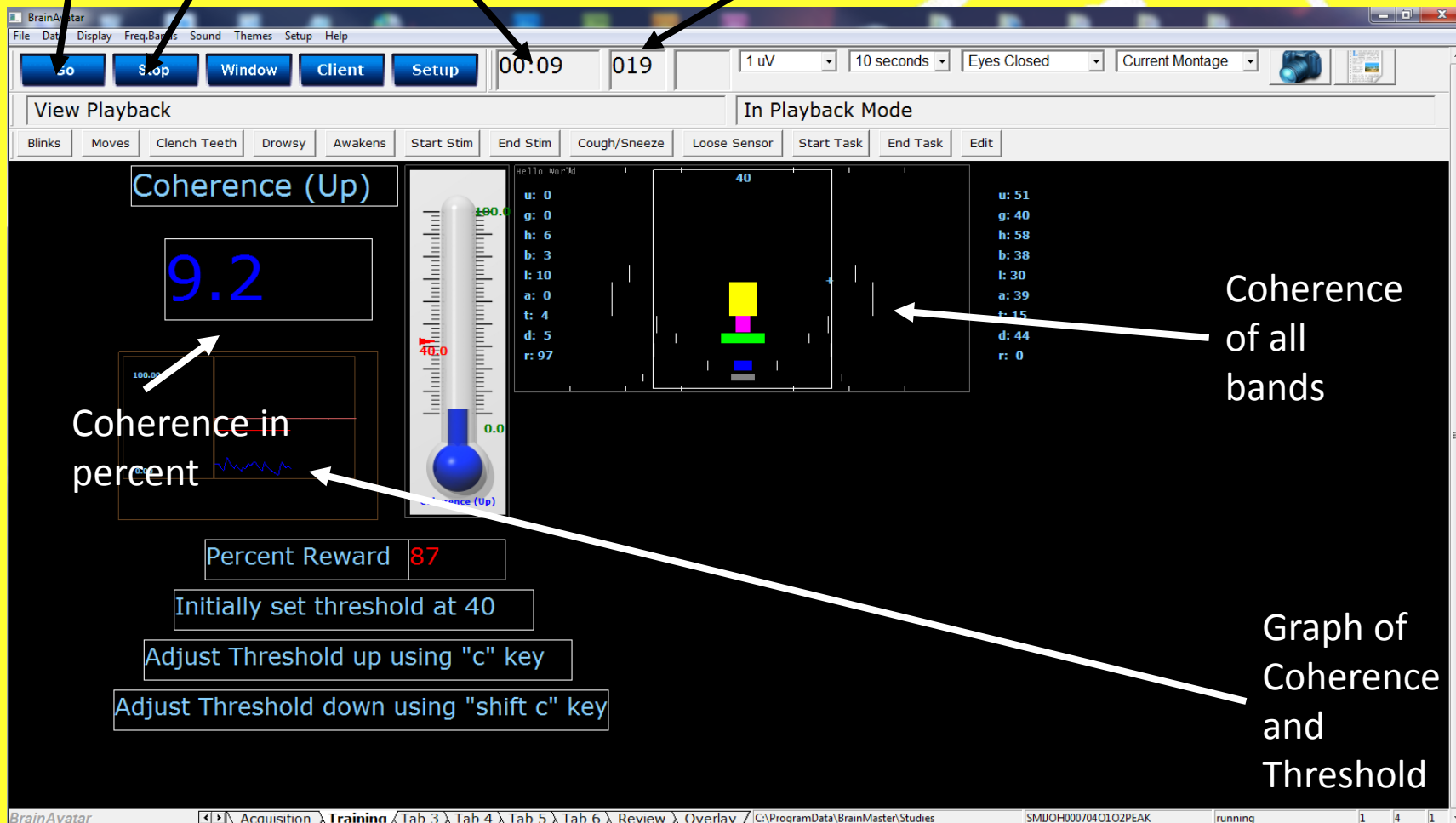
Peak



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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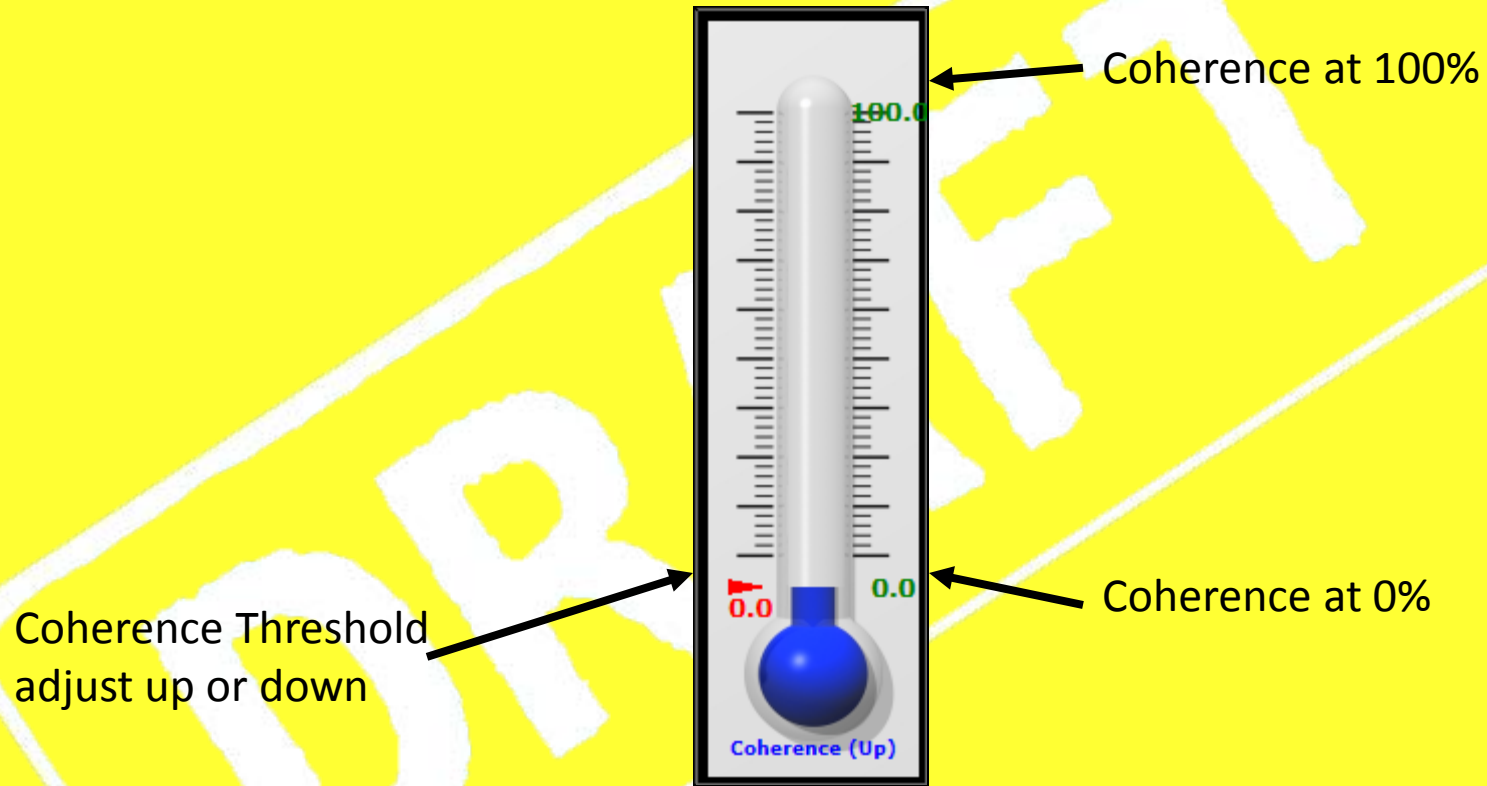
Peak

**REMEMBER: PEAK PERFORMANCE
COHERENCE IS APPROXIMATELY
40%...DO NOT TRAIN COHERENCE
MUCH ABOVE THAT FIGURE**

The coherence threshold may be adjusted by striking “c” to move it up or “shift-c” to move it down. The target is 40%.

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Reading the Thermometer



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Peak

The Peak Setting is intended to be performed with the Eyes Closed, but may also be performed Eyes Opened.

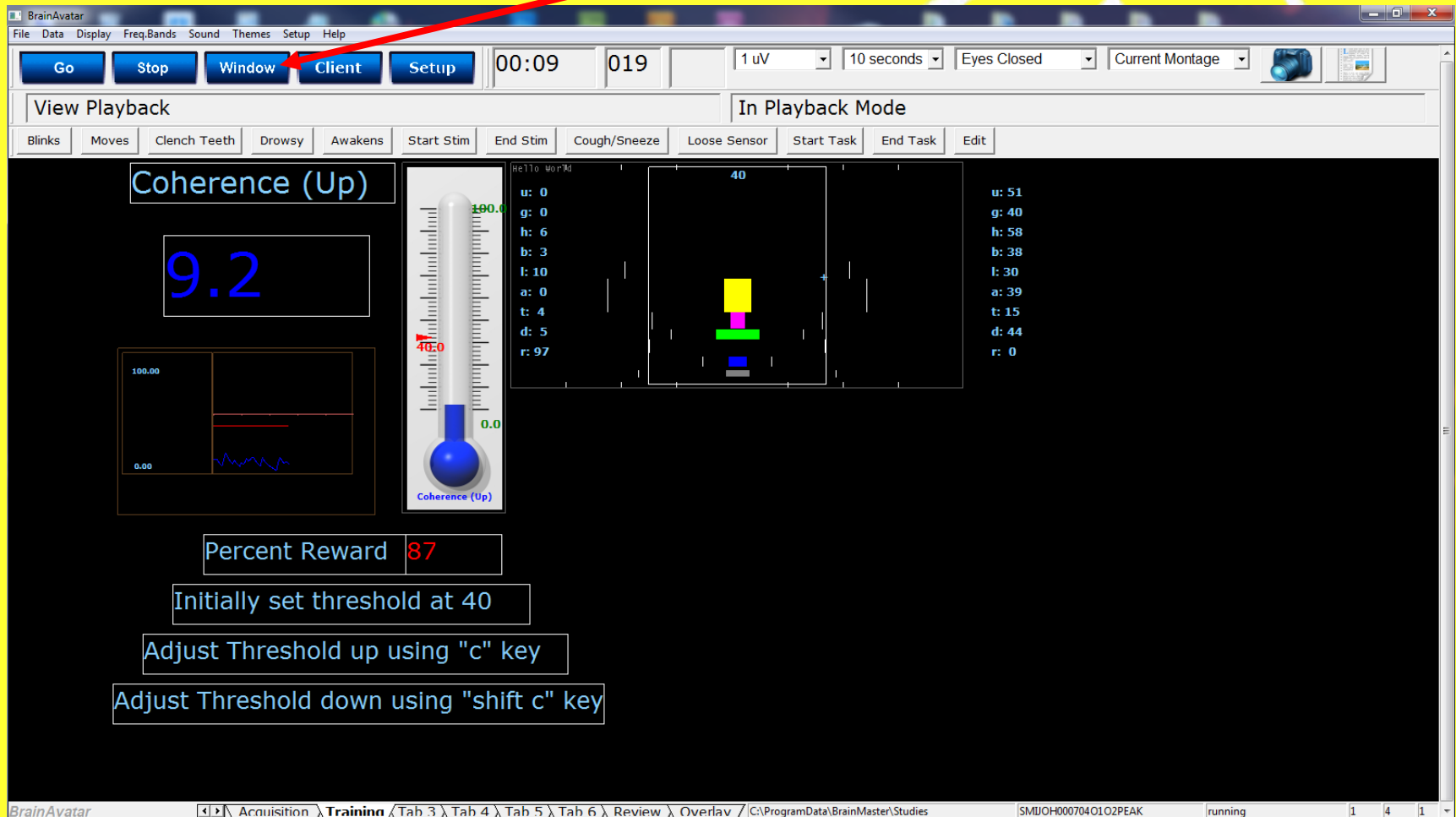
For Eyes Closed: Have the client recline in an easy chair or sit comfortably...Close her/his eyes...and gently go into a relaxed state. The tones signal the brain when Alpha is coherent and is achieving a peak state.

For Eyes Open there are a number of games that may be played for feedback.

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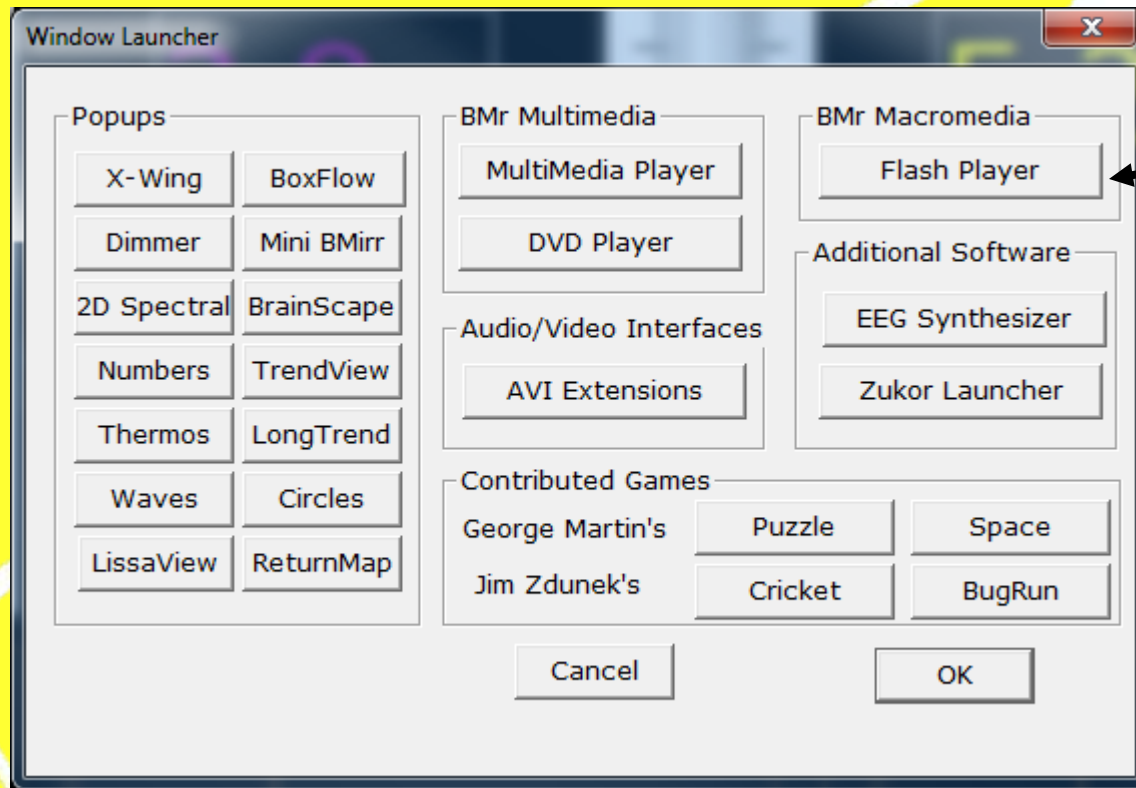
Flash Player for Games

Click "Window"



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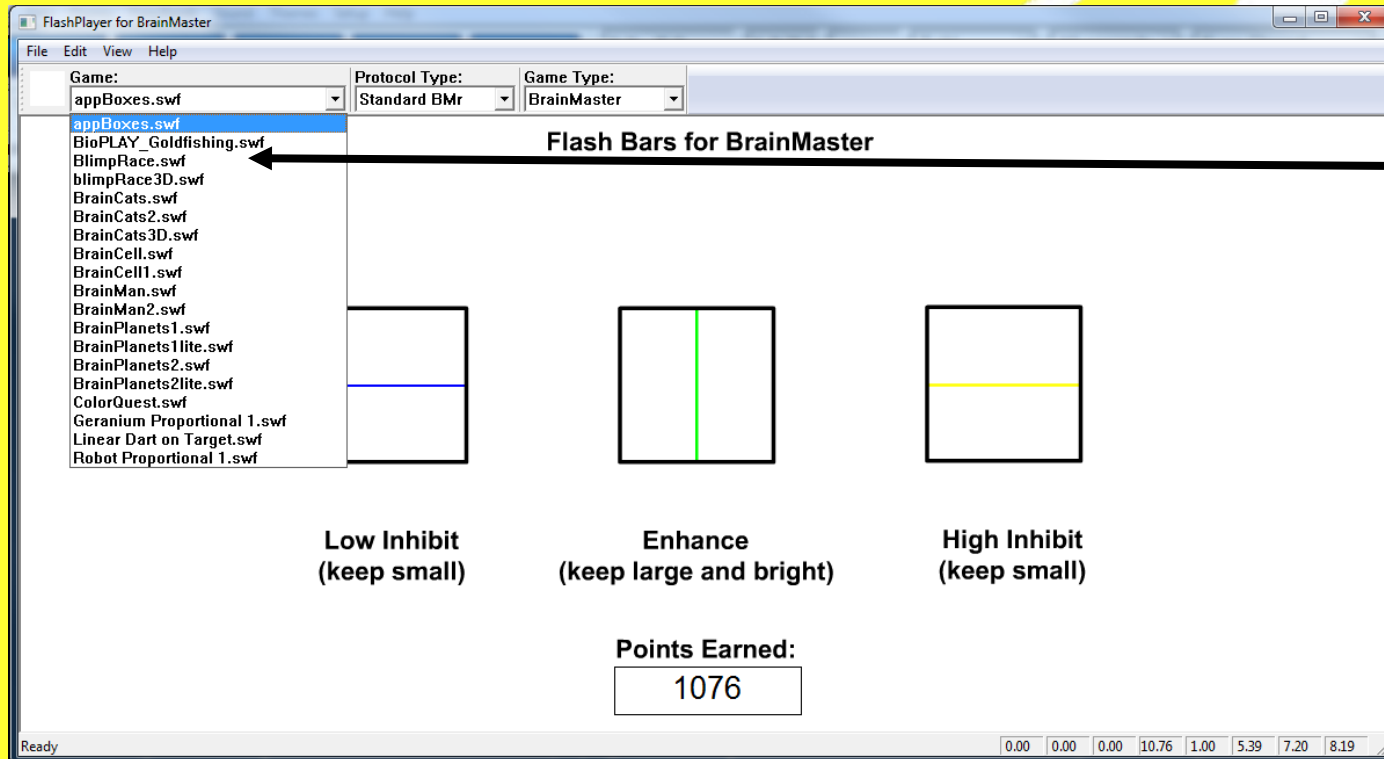
Flash Player for Games



Click "Flash Player"

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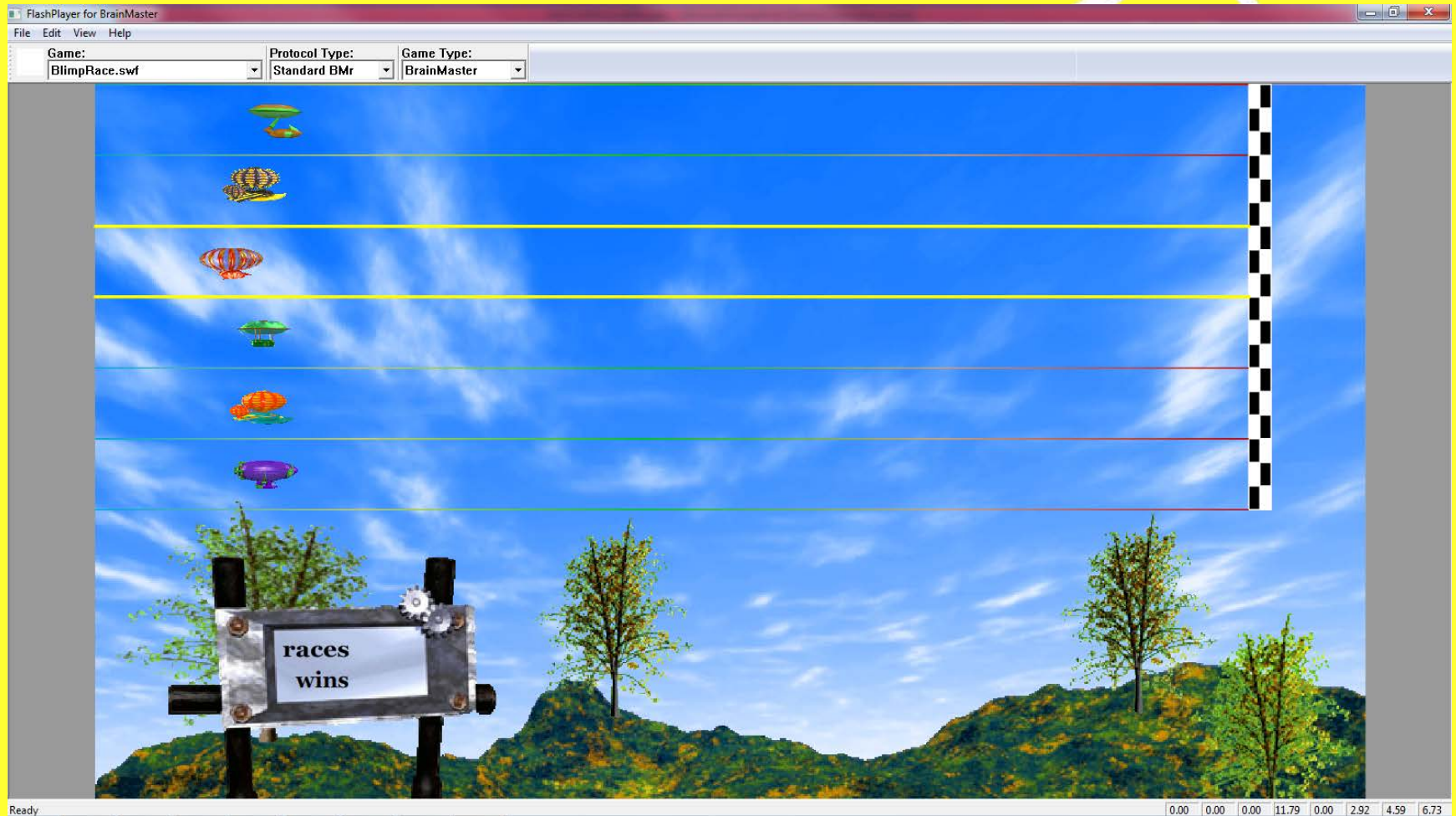
Flash Player for Games



Click "Blimp Race"

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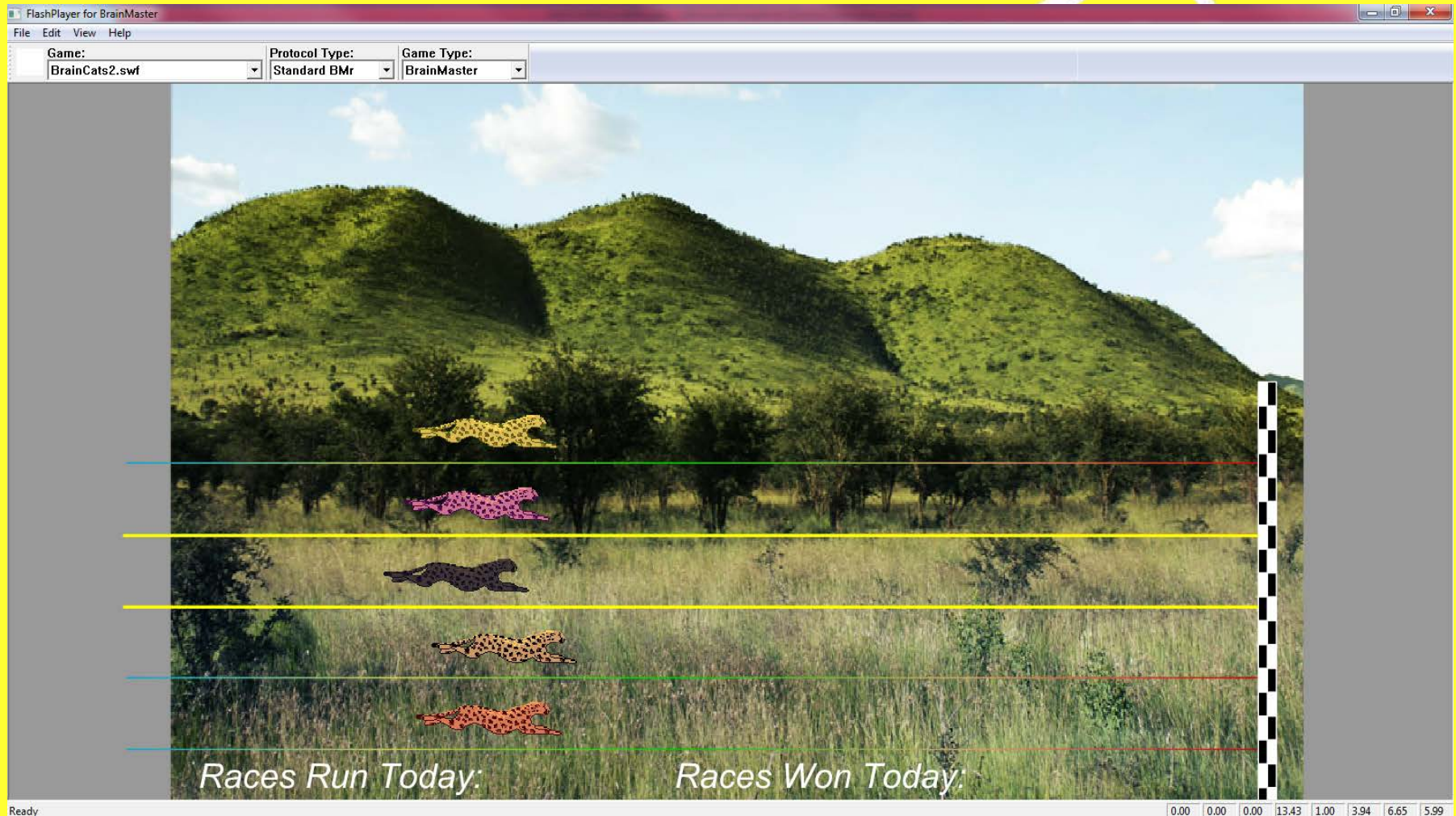
Blimp Race



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

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Brain Cats 2

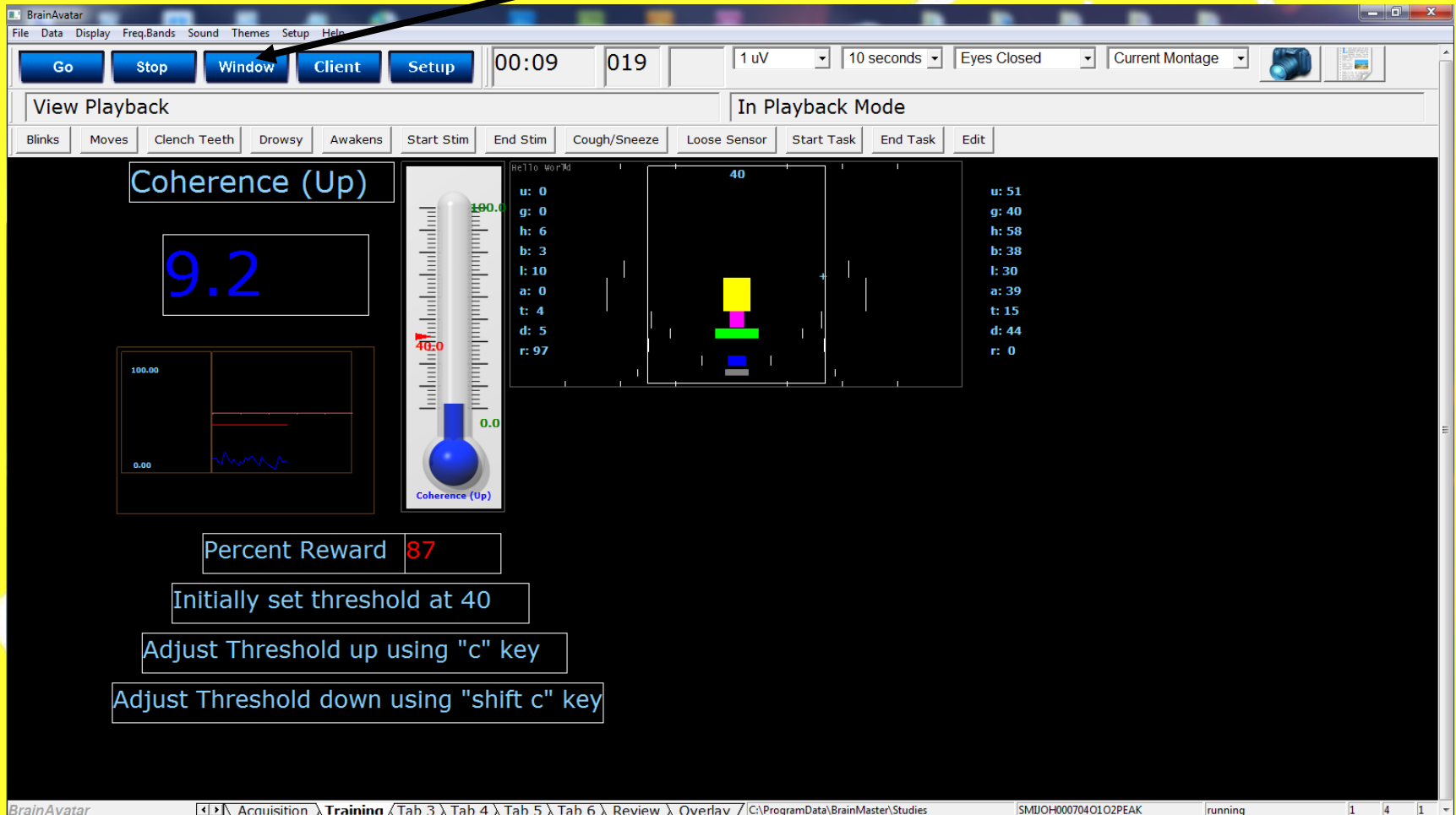


The Cat advances and the lane flashes yellow each time all three criteria are met

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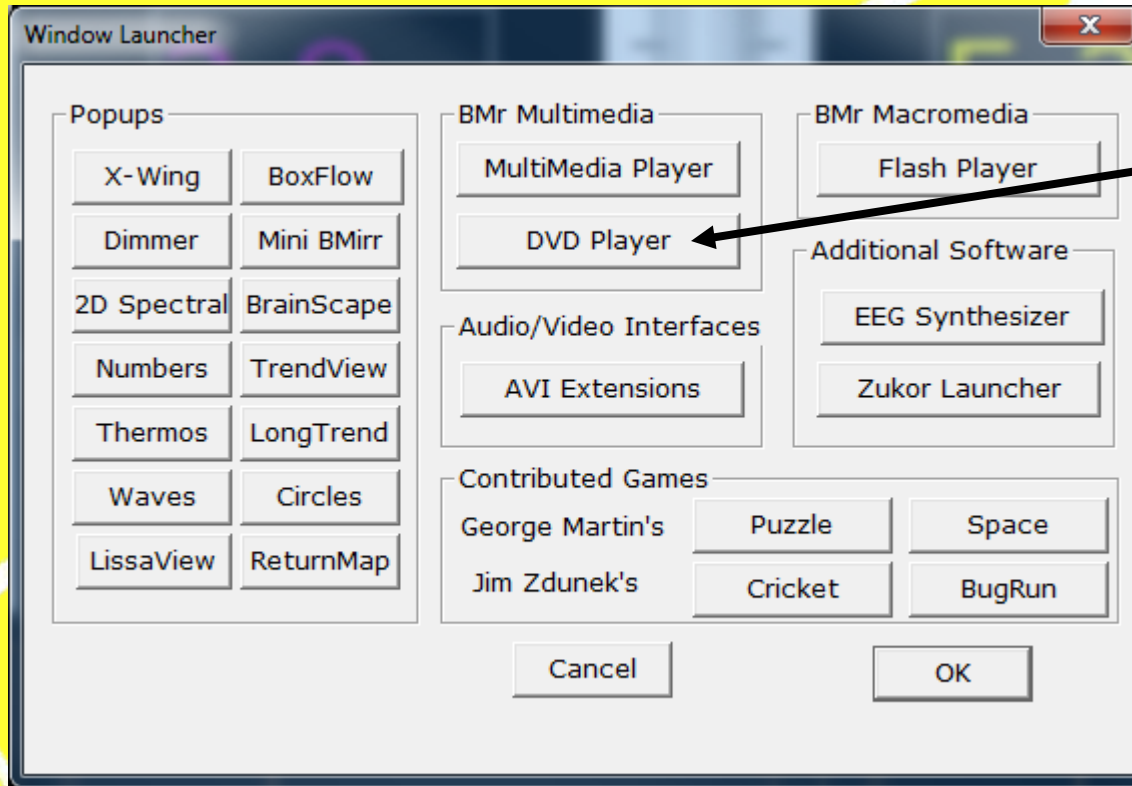
DVD's

Click "Window"



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DVD's



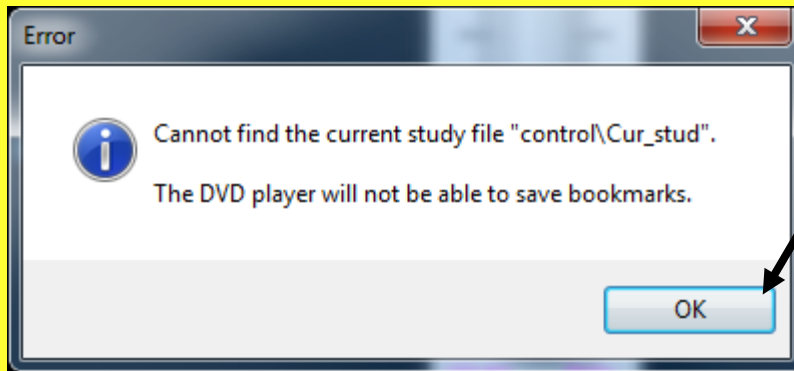
Place a DVD in the DVD Player

When the default DVD Player engages "CLOSE IT"

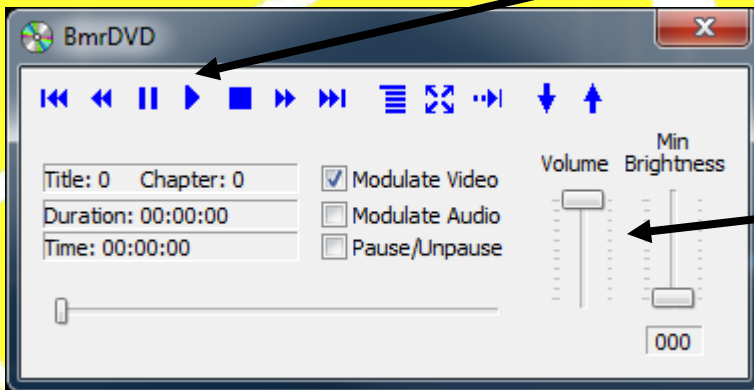
Click "DVD Player"

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DVD's



If this error message pops up simply click OK



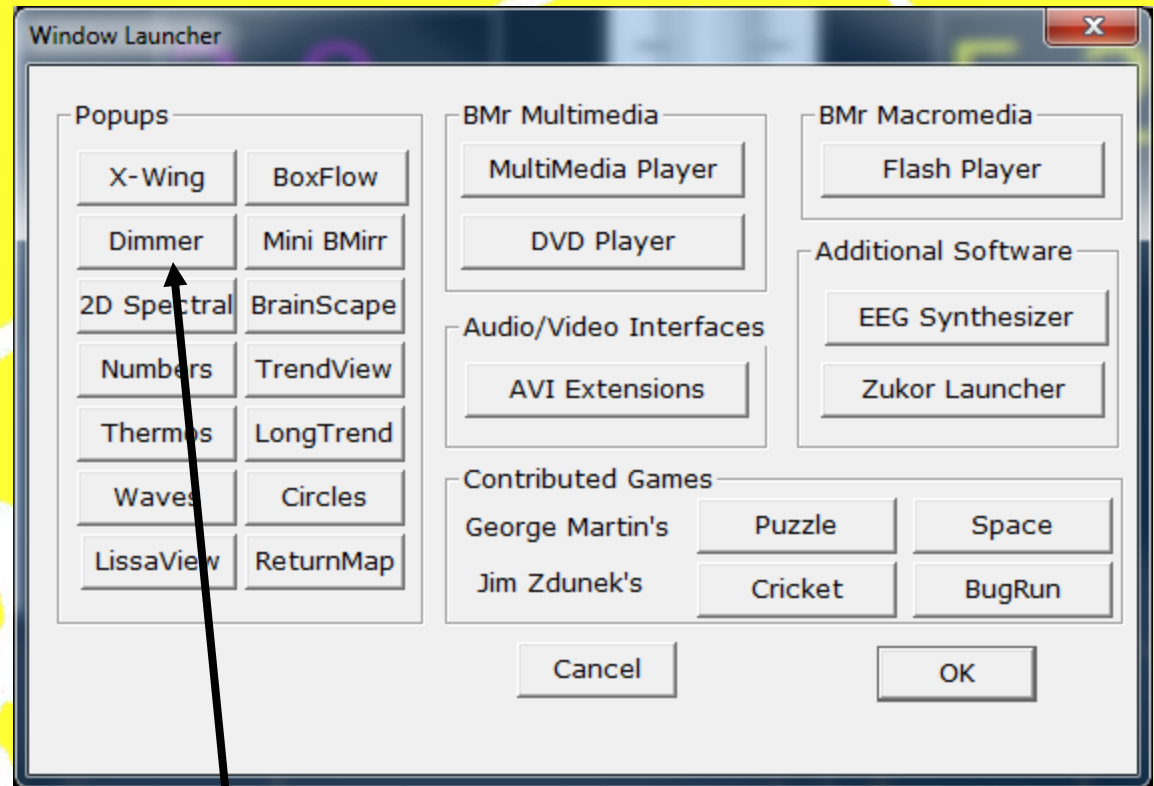
Next this typical DVD control box will appear. Hit the play button to start the DVD

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 an media source.

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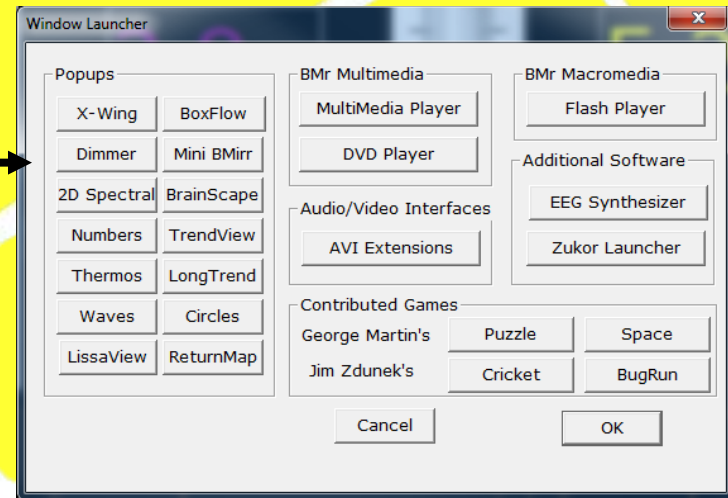
Choose a media source – in this case “YouTube”



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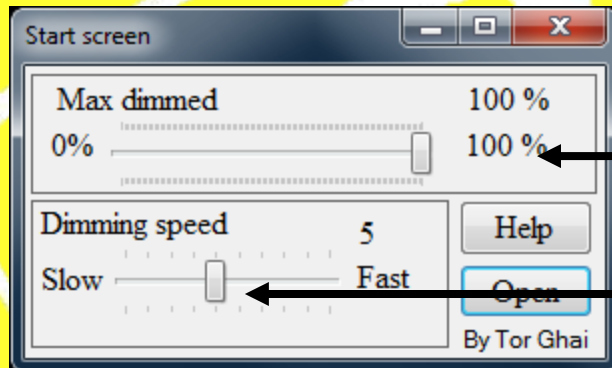
The Dimmer

Click “Dimmer”



The Start Screen Window Opens

Maxed dimmed sets whether the media disappears or simply dims

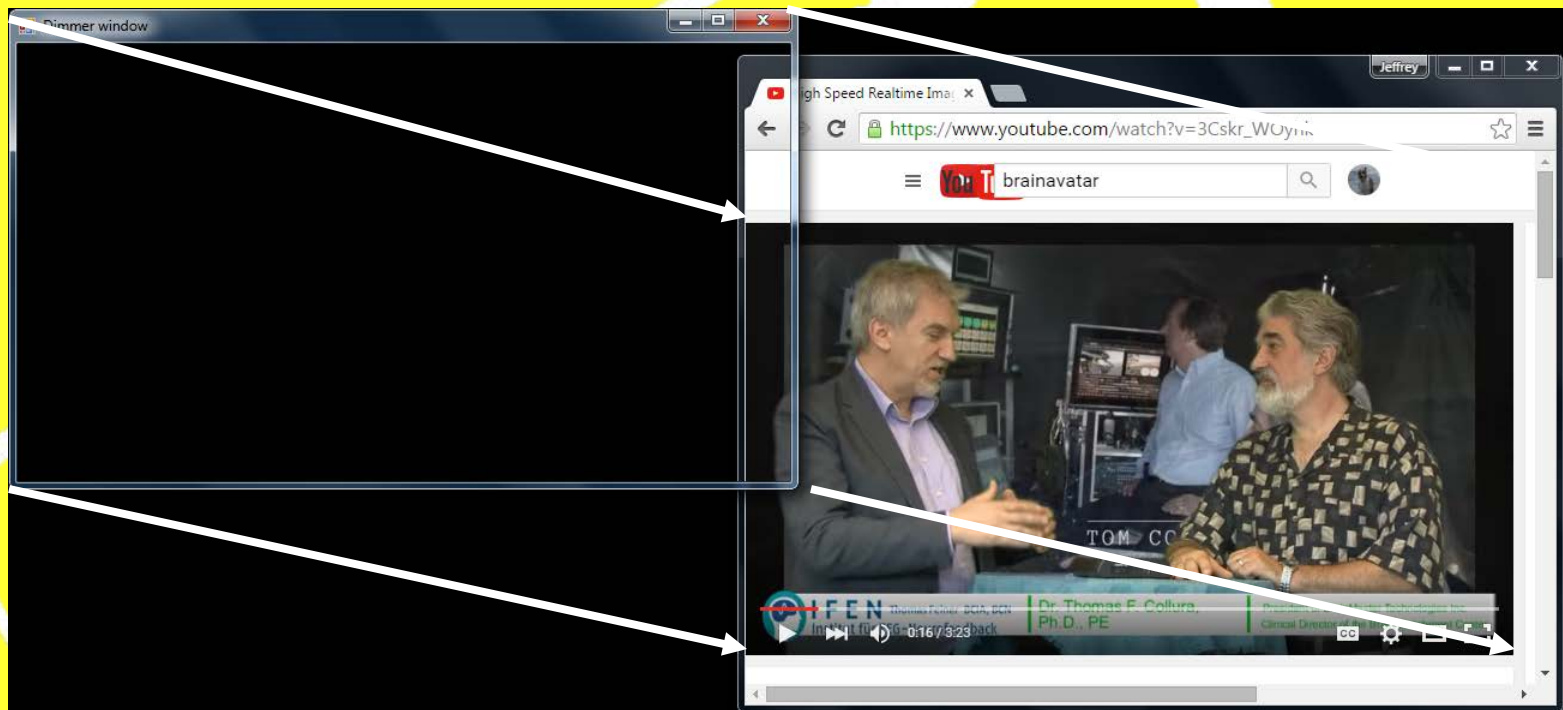


Dimming speed sets how quickly the screen disappears

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The Dimmer

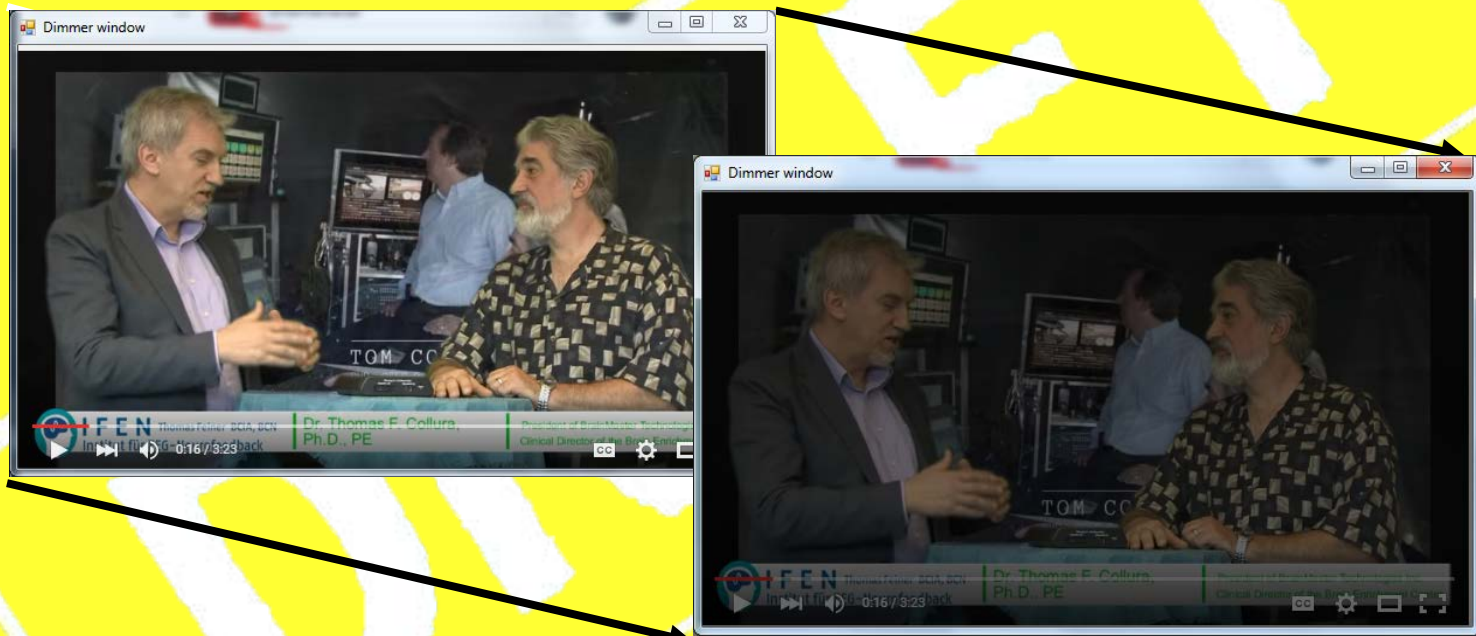
The Dimmer Window shall open which should be sized over the media that is presented to the client.



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The Dimmer

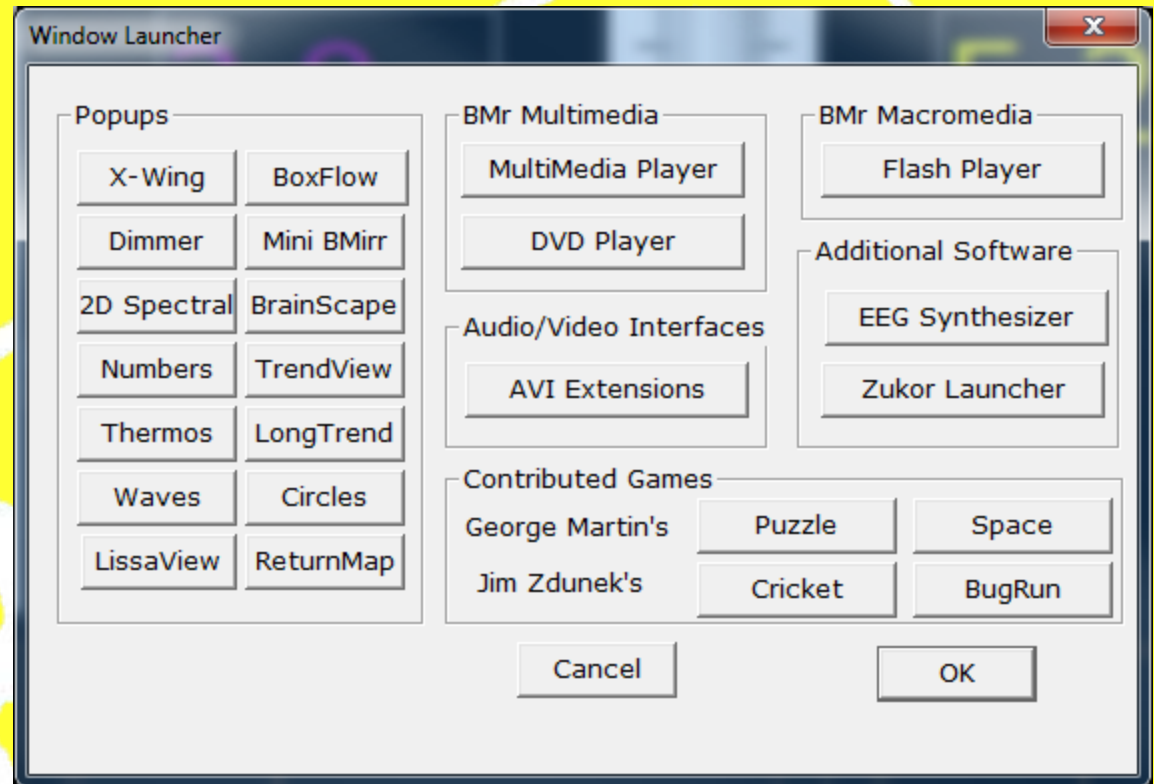
YouTube is illuminated when criteria are met and dims when they aren't



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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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