

QEEG Preparation Checklist

Peak Brain Institute - Brain Mapping Preparation

48 Hours Before

- ☐ **Hold prescription stimulant medications** (if medically safe)
 - Adderall, Ritalin, Vyvanse, Concerta, etc.
 - Consult your prescriber first
 - Never stop prescribed medications without medical guidance
 - ☐ **Consider holding other medications/supplements** (if medically safe)
 - Discuss with your prescriber
 - Continue essential medications
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Day Before QEEG

- ☐ **No caffeine after 4pm**
 - Coffee (regular AND decaf)
 - All tea except herbal
 - Energy drinks, pre-workout
 - All soda
 - Chocolate
 - ☐ **Avoid mushroom supplements**
 - Lion's mane, reishi, cordyceps, etc.
 - ☐ **No neurofeedback training**
 - Need 24-48 hours between training and QEEG
 - ☐ **Normal sleep**
 - Go to bed at your usual time
 - Get your typical amount of sleep
 - ☐ **Wash hair** (if you normally would)
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Day of QEEG

Morning Preparation

- ☐ **No caffeine** (18+ hours since last caffeine)
 - Water, herbal tea (caffeine-free) are fine
 - NO coffee (even decaf), NO regular tea, NO chocolate
- ☐ **No intense exercise in the morning**
 - Light walking or stretching is OK
 - No running, HIIT, heavy lifting
- ☐ **Eat normally**
 - Don't come hungry or overly full

Hair & Appearance

- ☐ **Wash hair** (morning of or night before)
 - Use regular shampoo
 - Let hair dry completely
- ☐ **NO hair products**
 - No gel, mousse, spray, dry shampoo
 - No oils or serums on scalp/hair
 - Light conditioner OK (but not heavy)

What to Wear

- ☐ **Comfortable clothing**
 - Avoid turtlenecks or high collars
 - Something you can relax in for 60-90 minutes
- ☐ **Remove jewelry**
 - Earrings (especially large/dangly ones)
 - Necklaces
 - Hair ties, clips, bands from head area

Don't Do Today

- ☐ **No sauna or steam room**
 - ☐ **No hot yoga**
 - ☐ **No very hot baths**
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What to Bring

In-Office QEEG

- ☐ Intake paperwork (if not already submitted)
- ☐ List of current medications/supplements
- ☐ Questions for your QEEG Review with Dr. Hill
- ☐ Arrive 5-10 minutes early

Remote (At-Home) QEEG

- ☐ Equipment should arrive 1-2 days before
 - ☐ Review QEEG setup guide from coach
 - ☐ Have Zoom link ready
 - ☐ Clear, comfortable space to sit
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Important Safety Notes

Medications: - Never stop prescribed medications without medical guidance - If you can't safely hold medications, take them as prescribed - We'll note medication status in your QEEG - Talk to your coach if you have questions

This is for QEEG only: - Regular neurofeedback training sessions do NOT require stimulant abstention - For training, be consistent with your usual routine

Session Duration

Plan for: 60-90 minutes total - Cap preparation: 10-15 minutes - Eyes-closed recording: 10 minutes - Eyes-open recording: 10 minutes - Optional test (IVA-2/CPT): 15-20 minutes - Cleanup: 5 minutes - Buffer time for questions

Questions?

Remote clients: Post in your Slack channel

In-office clients: Call your location

When in doubt, ask! We'd rather answer a question than have you worry about it.

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