

Training Session Checklist

Peak Brain Institute - Neurofeedback Training

Before You Start

Check Portal/Slack

- ☐ **Check today's protocol** in your portal or Slack
- ☐ Note any protocol changes from your coach
- ☐ Review any special instructions

Gather Equipment

- ☐ Amplifier (charged/plugged in)
- ☐ Flat electrodes (for scalp placement)
- ☐ Ear clip electrodes

- ☐ Ten20 paste (or electrode gel)
- ☐ NuPrep (optional, for skin prep)
- ☐ Tissues/wipes for cleanup
- ☐ Cotton swab or Q-tip (for gel application)

Prepare Yourself

- ☐ **Not too hungry, not too full**
- ☐ **Hydrated**
- ☐ **Comfortable clothing**
- ☐ **Hair clean and dry** (no heavy products)

Timing Considerations

- ☐ **At least 2 hours before bedtime**
 - Training too late can affect sleep
 - ☐ **Avoid training right after:**
 - Intense exercise (wait 2+ hours)
 - Alcohol/cannabis (don't train same day)
 - HBOT (don't train same day)
-

During Setup (10-15 minutes)

Electrode Placement

- ☐ **Find correct location** (use 10-20 system)
 - C3, C4, Cz, Fz, Pz, POz (check your protocol)
- ☐ **Part hair** at electrode site

- ☐ **Apply Ten20 paste** to electrode
 - Pea-sized amount
 - Press electrode to scalp
 - Gentle circular motion to work in gel

- ☐ **Attach ear clip electrodes**
 - Clean earlobes first (wipe with tissue)
 - Clip to bottom of earlobe

Check Signal Quality

- ☐ **Signal looks thin and jagged** (good!)
 - NOT thick and fuzzy (that's noise)
 - ☐ **Impedance check** (if available)
 - Green is good
 - Yellow/orange needs adjustment
 - Red needs more gel or better contact
-

During Training (30 minutes)

What to Expect

- ☐ **Sit comfortably and relax**
- ☐ **Focus on the feedback** (game, sounds, video)
- ☐ **Let the training happen** (don't force it)

What's Normal

- ☐ Fidgeting is fine (unlike QEEG!)
- ☐ Brief signal drops from movement are OK
- ☐ Some sessions feel easy, some feel hard
- ☐ Effects may not be immediate

When to Pause/Stop

- ☐ **Feeling overwhelmed or overstimulated**
 - Pause and let your coach know
 - ☐ **Signal quality degrades significantly**
 - Check electrode connection
 - May need to reapply gel
 - ☐ **Physical discomfort**
 - Adjust position
 - Take a brief break if needed
-

After Training (5 minutes)

Cleanup

- ☐ **Remove electrodes**
- ☐ **Wipe gel from hair** (tissues or damp cloth)
- ☐ **Clean electrodes** (wipe paste off)
- ☐ **Put equipment away**

Track Your Session

Essential to note: - [] Date and time - [] Protocol(s) used - [] Any issues during session - []
How you feel immediately after

Helpful to track: - [] Sleep quality that night - [] Mood/energy next day - [] Any notable effects
in 24-48 hours

Frequency & Scheduling

Ideal Schedule

- **3-4 sessions per week minimum**
- **Every other day** is ideal
- **Consistency matters more than intensity**

Avoid

- More than 4 sessions per week
 - 3+ days in a row
 - Less than 2 hours before bedtime
-

Common Issues & Quick Fixes

Poor Signal Quality

Problem: Thick, fuzzy traces

Fix: More gel, better contact, clean electrodes

Signal Keeps Dropping

Problem: Intermittent connection

Fix: Check cable connections, electrode placement

Headache After Training

Problem: Post-session headache (rare)

Fix: Stay hydrated, reduce intensity next session, tell coach

No Effects Felt

Problem: Not noticing changes yet

Fix: Keep training! Effects often take 6-10 sessions to notice

Coach Communication

Check-In Schedule

- **Weekly** for remote clients
- **After every 3-4 sessions** minimum
- **Anytime** you have questions or concerns

What to Report

- Sleep changes (better/worse)
 - Energy levels
 - Mood shifts
 - Cognitive changes (focus, memory, clarity)
 - Any unwanted effects
 - Questions about protocol
-

Session Goals

First 6 sessions: Getting comfortable, baseline observation

Sessions 7-20: Noticing first changes, protocol adjustments

Sessions 20-40: Consolidating gains, refining protocols

Ongoing: Maintenance and optimization

Questions?

Remote clients: Post in your Slack channel

In-office clients: Ask your coach at your location

Peak Brain Institute

peakbraininstitute.com | @peakbraininstitute