

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

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