

TIPS FOR GOOD SIGNAL QUALITY



Is your battery charged?

Make sure you start your Session with at least 50% capacity.

1

PUT ON YOUR EEG DEVICE

- Let the sensors warm up on your skin.
- Adjust your device so it's snug but comfortable. Wearing it too loose or too tight will impede signal quality.
- Massage the sensors through your hair so they make good contact with your scalp.
- Hair products like waxes, pomades, gels, etc. can prevent the sensors from making good contact with your scalp.

2

GET COMFORTABLE

- Move to a place that's quiet and has minimal interruptions.
- Sit in a comfortable position.
- Sitting in a comfortable chair helps!

3

RELAX & EASE TENSION IN YOUR BODY

- Scan your body and look for tension, especially in your neck, shoulders and head.
- Relax your muscles.
- Take a few deep breaths: breathe in for a count of 4 and breathe out for a count of 4.

4

CLEAN THE SENSORS

- Cosmetics, hair products, and oil from your skin can prevent the sensors from making good contact with your scalp.
- Clean the sensors according to the device manufacturer's instructions.

5

GET HELP FROM YOUR CARE PROVIDER

- If you're not successful, [contact your care provider](#).
- Your care provider can view your EEG during a Live Session to see the signal in real-time to help you obtain good signal quality.



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SIGNAL QUALITY TIPS FOR BRAINBIT FLEX

IMPORTANT NOTE! Your EEG device is delicate and needs to be treated with care. Avoid dropping it, twisting the wires, and handling it roughly.

1

CHECK THE FIT OF YOUR CAP

- If the cap is too loose, the sensors won't be able to connect to your scalp.
- Caps that are too tight are uncomfortable and can pull the sensors out of place.
- Your cap should fit snugly and securely while still feeling comfortable.

2

MAKE SURE THE SENSORS ARE THROUGH YOUR HAIR

- Massage the sensors through your hair so they make good contact with your scalp.
- Make sure the sensors are sitting straight and aren't crooked.
- Try using the long sensor that came with your Flex to see if it can get through your hair. You may need to [order more long sensors from BrainBit](#).

3

TRY USING SOME WATER

- Use a spray bottle or dropper to wet the hair and scalp where the sensor sits.
 - Don't use saline or other liquids.
 - Don't put water directly on the sensors; they could malfunction if they get too wet.
- Try with damp hair after a bath or shower.
- Avoid getting the battery compartment wet.

4

CLEAN THE SENSORS

- Cosmetics, hair products, and oil from your skin can prevent the sensors from making good contact with your scalp.
- Use at least 70% isopropyl alcohol with a cotton swab to gently clean the sensors. Don't use any other liquid and avoid the battery compartment.

5

GET HELP FROM YOUR CARE PROVIDER

- If you're not successful, [contact your care provider](#).



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