

# 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.



**SYMMETRY**

Neuro-Pathway Training®

# SIGNAL QUALITY TIPS FOR CALLIBRI

**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

## MAKE SURE THE SENSOR IS THROUGH YOUR HAIR

- Massage the sensor through your hair so it makes good contact with your scalp.
- Make sure the sensor is sitting straight and isn't crooked.

2

## 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.

3

## 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.

4

## GET HELP FROM YOUR CARE PROVIDER

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



**SYMMETRY**

Neuro-Pathway Training®