

Step-by-Step Instructions to Run Your Neurofeedback Sessions

Preparation

Make sure you have everything you need before you sit down. It can be frustrating to have to get up once you are “hooked up.” The following list may be helpful:

- ☐ Tablet with attached blue tooth keyboard plus case
- ☐ USB cable (USB cable on both ends)
- ☐ Tablet power cord
- ☐ Headphones
- ☐ Tub of conducting paste
- ☐ Extra set of sensors
- ☐ zAmp
- ☐ Blue tooth pointer pen
- ☐ It's a good idea to go to the bathroom before you start too!

Attaching Sensors

Helpful Tips:

- ☐ Clip the zAmp to your belt, shirt, or waistband. Then grab the tub of conducting paste and get in front of a mirror with clips and hair tie handy.
- ☐ It is helpful to clip the hair out of the way so that some scalp is clear for a good connection with the scalp sensors. Once the hair is clipped out of the way, you can add a hair tie to get the hair moved away from the ears.
- ☐ Watch video provided in the email ahead of time to understand placement of the sensors. And remember, it is hard to get it wrong, so don't worry about the “exact” right spot.
- ☐ Taking one sensor at a time, scoop a large amount of paste onto the sensor's surface. Don't worry about getting too much paste. When you place the sensors on the scalp and ears, you'll want a good amount to kind of ooze out around the sides. The paste ensures a good connection and good

conduction of the signal. When placing scalp sensors, you should feel a coolness on the spot. This indicates a connection to the scalp.

- ☐ The order in which you place the sensors does not matter. Just remember the black-wired sensor goes on the bottom of the right ear.
- ☐ Be sure to remove earrings if possible. If not, just ensure that neither the sensors nor the conducting paste are touching the earrings.

Plugging into the Tablet

Step-by-Step Instructions:

- ☐ Find a comfortable place to sit or lie down while you train.
- ☐ Take the USB cord and plug one end into the right side of the tablet and the other end into the side of the zAmp.
- ☐ Plug your headphones into the top left side of the tablet, and put them in your ears.
- ☐ Turn on the tablet using the power button at the top.

Running a Session

Step-by-Step Instructions

- ☐ The neuroptimal software starts automatically when you power on the tablet. Sometimes a session starts running automatically. If it does, you will need to stop it. From the graphics screen, just touch the tablet with your Bluetooth pen (or finger), touch the pause button, and then touch the little arrow on the lower right corner of the screen. This will get you back to the brain training control panel.
- ☐ If a session does not start automatically, then you will need to find the neuroptimal icon, a silhouette of a head, at the bottom of the screen in the task bar. Touch the head with your Bluetooth pen (or finger), then choose the small square that pops up on the left. This is your brain training control panel.
- ☐ In a few seconds a second, smaller panel will load to the right. This is the media control panel. Sometimes, when this panel loads, a session will start automatically. You will have to stop the session by clicking the small, solid, black square on the brain training panel (the one on the left).

- ☐ Whether a session starts automatically or not, you will now touch the button for “Training” on the lower right side of the brain training panel. When you do, Zen1-4 boxes/timers will show up.
- ☐ Next, touch the small circle towards the bottom of the brain training panel. Then WAIT several seconds. When the list of names pops up for “who’s training” simply click on “A. Renter” and then touch “OK.” Once you hit “OK” the session will start.
- ☐ You can adjust the volume using the media panel (the smaller one on the right).
- ☐ There is absolutely no need to watch the screen once your session has started. If you’d like to watch the graphics (and if they don’t start automatically) simply click on the tiny box with the green arrows in it at the bottom of the media panel. If you want the graphics to stop, simply click the tiny arrow at the bottom right of the graphics movie screen.
- ☐ Now just sit back and relax for your 33.5 minute session! You can sleep, meditate, read, or work if you like. It will not impact your brain training!

VERY IMPORTANT—READ BEFORE YOU START YOUR FIRST SESSION

How to SAFELY Shut Down the Software and Clean the Sensors

- ☐ When your session is done, the music will stop. Click “Don’t Save”.
- ☐ You will need to shut down the software after each session. DO NOT click the X at the top right of the brain training panel. This is a hard shutdown and is hard on the software over time. To shut down the software, simply click the green “Zengar” button at the top right.
- ☐ Next, unplug the USB cord from the zAmp.
- ☐ Then you will need to take off the sensors and clean them, one at a time. You can use a paper towel or tissue to GENTLY wipe off the paste. You will need to wipe side-to-side (perpendicular) vs. pulling the paste off of the sensors (parallel). If you pull the sensors while cleaning it is possible to eventually pull the sensors off of their cords. A replacement set of sensors has been included just in case. Please inform me if one is accidentally broken.



WHOLE FAMILY
NEUROFEEDBACK

☐ Finally, their may be paste left on your ears or scalp. You can take cotton rounds or a towel to wipe off the paste. Using water or alcohol is very effective.

Now store the system in a secure place ready for your next session!

Call, text, or email me any time! I am happy to walk you through this every step of the way!

mrbellamy924@gmail.com office: 303-222-5118 cell: 404-932-9320