

# Preparation for a QEEG Neurofeedback Session

Planning and preparing for your neurofeedback session can improve progress toward treatment goals. Here are several suggestions that you may wish to consider in preparation for your training sessions:

- get plenty of rest the night before
- turn off your mobile phone and other electronic devices
- avoid or decrease caffeine intake that day
- wash your hair so that it is clean and dry

**Arrive on time** or slightly early to use the restroom to allow full use of your training time.

**Be prepared for messy hair** following your session. Your neurofeedback session will leave some left-over gel in your hair (this is water soluble gel similar in consistency to hair styling gel). Bring whatever supplies (towels, combs, hats, etc.) you will need to restyle or cover your hair to your appointment or plan time to return home to shower.

**Go to the bathroom immediately prior to your session.** Once you are hooked up for your recording it is somewhat difficult to unhook you so that you can use the restroom. Please use the restroom prior to your session.