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Before the first NeuroOptimal[®] Session, you will ask your client to fill out My Journal Checklist and My Journal Tracker describing how they are feeling and what they wish to achieve in coming for training Sessions.

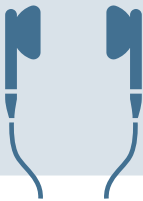


The client can be seated in a comfortable reclining chair facing a computer monitor if they wish.

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Two sensors are placed on the scalp and another three are placed on the ears.



Earbuds are then placed in their ears so that they can easily hear the music.

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Once the training begins, they will hear the music with very brief, occasional interrupts and they will be able to watch a random visualization on a monitor if they desire.



Other than this, there is nothing else to do.