

VERSUS

PERFORMANCE PROTOCOLS

STRESS RECOVERY

GOAL

Learn to quiet the mind and downregulate cortical activation. These protocols are assigned when a user's activation baseline score is low due to over-arousal, or an overactive brain.

TARGETED FREQUENCY BANDS

Inhibit: Theta (4-7.5 Hz) and Beta (15-45 Hz) **Augment:** Alpha (8-12 Hz)

STRESS RECOVERY 1
Sensor: PZ

STRESS RECOVERY 2
Sensors: PZ, C3, C4

STRESS REGULATION

GOAL

Increase stability of brain states in our executive and sensory processing centers to enhance resilience to changes in the environment.

TARGETED FREQUENCY BANDS

Inhibit: Alpha (8-12 Hz) and High Beta (20-35 Hz) **Augment:** Beta (13-18 Hz)

STRESS REGULATION 1
Sensors: FZ, C3, C4

STRESS REGULATION 2
Sensors: PZ, C3, C4

MAX ACTIVATION

GOAL

Help the user identify how to maximize the differential between resting and activation brain states by teaching them to have more "on-demand" attention intensity for optimal engagement during tasks.

TARGETED FREQUENCY BANDS

Inhibit: Theta/Alpha (4-12 Hz) and Gamma (35-45 Hz) **Augment:** Beta (13-21 Hz)

MAX ACTIVATION 1
Sensors: FZ, PZ

MAX ACTIVATION 2
Sensors: C3, C4

GOAL

Increase the ability to rule out distractions and concentrate on the most productive aspects of the moment.

TARGETED FREQUENCY BANDS

Inhibit: Theta (4-7.5 Hz) and Gamma (35-45 Hz) **Augment:** Beta (13-21 Hz)

FOCUS CAPACITY 1

Sensors: FZ, CZ

FOCUS CAPACITY 2

Sensors: FZ, PZ

IMPULSE CONTROL

GOAL

Increase the ability to make effective decisions and inhibit strong impulses.

TARGETED FREQUENCY BANDS

Inhibit: Theta (4-7.5 Hz) and Gamma (25-45 Hz) **Augment:** Beta (13-18 Hz)

IMPULSE CONTROL 1

Sensors: FZ, C3, C4

IMPULSE CONTROL 2

Sensors: FZ, C4

FOCUS ENDURANCE

GOAL

Increase the ability to maintain focus for longer durations.

TARGETED FREQUENCY BANDS

Inhibit: Theta (4-7.5 Hz) and Gamma (35-45 Hz) **Augment:** Beta (13-21 Hz)

FOCUS ENDURANCE 1

Sensors: FZ, CZ

FOCUS ENDURANCE 2

Sensors: FZ, PZ

HIGH ACTIVATION BASELINE

GOAL

Increase cortical activation to enhance information processing and engagement. These are assigned when a user's activation baseline score is poor due to underarousal rather than overarousal.

TARGETED FREQUENCY BANDS

Inhibit: Alpha (8-12 Hz) and Gamma (35-45 Hz) **Augment:** Beta (13-21 Hz)

HIGH ACTIVATION BASELINE 1

Sensors: FZ, PZ

HIGH ACTIVATION BASELINE 2

Sensor: PZ