

How to prepare for a Neuro-biofeedback Stress and Resilience Assessment

In order to get the most out of your session, we would recommend that you please AVOID the following 1 hour before your appointment if possible:

- Vigorous aerobic exercise (please do not run or cycle to the session).
- Tea, coffee or caffeinated beverages such as Coke or Red Bull.
- Smoking or vaping.
- Eating a heavy meal.

Things to do before your session:

- Try and keep your ears warm so that the sensor can read you, e.g. wear a hat or scarf.
- Wear easily removable earrings/piercings in the lobe area of your ear.

What to expect from the session:

- You will be asked a few questions about your health and wellbeing.
- A sensor will be placed on your ear lobe.
- You will be asked to:
 - Sit comfortably with feet on the ground and eyes open for about 5-10 minutes.
 - Sit quietly – no talking, no reading, no intense mental activity, no specific meditation techniques.
 - Sit with minimal excessive, unnecessary movements, e.g. crossing legs, scratching nose, fidgeting etc.
 - No falling asleep.
- Multiple readings will be done.
- Thereafter a discussion of the results will take place.