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Preparation for Brain Map Acquisition and Neurofeedback

- Wash and dry hair at least 12 hours before procedure
- Do not use conditioner or any hair products except shampoo
- No alcohol 36 hours before
- No marijuana 2-3 weeks before
- Coffee and tea can be consumed if more than 2 hours before acquisition
- If using stimulants (Ritalin, Adderall, Concerta, Vyvanse) Do not take the day of the Brain Map
- Get a full night's sleep 7-9 hours recommended
- Talk to your psychiatrist about what medications that can be skipped the morning of the Brain Map
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