



# ADVANCED HEALTH & PERFORMANCE INSTITUTE

## Preparing for a Brainmap

Brainmapping is done using a cap similar to a common “swim cap” with sensors built in to record the tiny electrical impulses that come from the brain. This cap is designed to fit comfortably on the head and will not hurt in any way.

In order to collect the brainwaves coming from the brain, we need to have a clean scalp free of any oils or build up that naturally forms on the scalp after a day or two.

We recommend that you vigorously scrub your scalp with your daily use shampoo for at least 2-3 minutes either the morning of or the night before your scheduled appointment.

DO NOT use any conditioners or hair products since these can effect the signal quality as much as oil or build up.

Please make sure to drink at least 12oz of water 30 min before your appointment and also use the restroom just before your appointment.

We insert a conductive gel into the cap so please wear comfortable clothes that you will not mind getting the gel or paste on since there is always a possibility for these liquids to run down from the cap.

**Please make sure your scalp is completely dry before you arrive since we cannot do the Brainmap with wet or even damp hair.**

We look forward to meeting you!

Sincerely,

The AHPI Staff