Simple Method to run a series of subjects

Start system:

1. Shortcut: BrainMaster Setup (bsetup.exe)
2. Log in if necessary (see below)
3. Check entry in "Current Trainee/Study Folder". If OK, proceed to (7)
4. If you want a different folder, click on "Folder Selections"

If Existing Subject:

5. Select Subject from list
6. Click on "OK"

If New Subject:

7. Click on "Create New Folder"
8. Enter first & last name into "Name" area. ID will be filled in automatically
9. Click on "OK"
10. Inspect new name and ID. Make changes if desired
11. Click on "OK"
12. Select desired starting settings from list
13. Click on "OK"
14. Inspect settings, make changes if desired
15. Click on "Use These Settings"

Run Training Screen

16. Click on "Run the Next Session"
17. In "Preparing to Begin Session" dialog, click on "OK"
18. In "Begin Session" dialog, click on "OK"
19. Training Screen appears; Click on "GO"
20. In "Current Date" dialog, click on "OK"
21. View "Ready to Start" dialog; place electrodes; turn on module; click on "OK"
22. System will start working
23. Follow instructions as training begins
24. Use "Window" control to create new display windows if desired
25. To pause, press <Space> bar. Press <Space> bar again to resume

End Training Screen:

26. After session is complete, press "Close" button

Review Result:

From bsetup screen OR Setup & Control Home Screen:

26. Menu: Review Session Results
27. Current study and session should appear on graph
27. To select a session: Button: Select (selection box appears)
28. Select Session by number from selection box.
29. Button: OK
30. Stats (view result on screen)
31. Button: Print (prints detailed summary)

Remove electrodes, turn off module

Logging in to BrainMaster

1. Press "Login to BrainMaster"
2. Enter the following information:
3. Serial Number: (your device serial number)
4. PassKey: (use PassKey from BrainMaster Technologies)
5. Click on "Remember PassKey" to save login information
6. Name: Your name, e.g. "John Smith" or "EEG Training Associates"
7. Email: Your email (this will be used to pre-address emails created using Session Librarian, from folders that you create and distribute
8. Press "OK"
9. Dialog box will appear showing results of login

Note: if you use "Remember PassKey", then you will not have to log in again, on that PC. The system will automatically log you in, whenever the software is run.

Creating, Setting up, and Sending Folders to Remote Trainees

NOTE: files can be sent via. Floppy Disk, email, CD, or any means desired

1. Start software in usual manner
2. Press "Folder Selections"
3. Press "Create New Folder"
4. Input name, ID as appropriate
5. Select Settings File to start with, press "OK"
6. Adjust settings as desired
7. NOTE: Check Number of Sessions, etc. carefully
8. Press "Use These Settings"
9. Press "Folder Selections"
10. Press "Session Librarian"
11. Follow prompts to make Floppy Disk or Email as desired
12. If neither Floppy or Email are used, the file will be found in: c:\brainm.20\archive and will be named e.g. "smitjohn.bmz".
13. You can email or copy the file from the archive directory and provide it to client in any way desired.
14. When trainee receives file, they need only DOUBLE-CLICK on the "bmz" file.
15. Trainee should follow the prompts, allowing BrainMaster software to unpack and install the file.
16. The new folder e.g. "smitjohn" will now appear as a choice, when Folder Selections is used on the trainee's PC.

Keyboard Functions for BrainMaster 2.0 BMT (Basic Modules for Training)

Key	Function
a	Increase alpha (8-12 Hz) threshold by 0.1uV or target by 1%
A	Decrease alpha (8-12 Hz) threshold by 0.1uV or target by 1%
b	Increase beta (15-20 Hz) threshold by 0.1uV or target by 1%
B	Decrease beta (15-20 Hz) threshold by 0.1uV or target by 1%
c	Raise coherence threshold
C	Lower coherence threshold
d	Increase delta (1-3 Hz) threshold by 0.1uV or target by 1%
D	Decrease delta (1-3 Hz) threshold by 0.1uV or target by 1%
e	Toggle “Thermometer” display window(s)
f	Toggle FFT “Frequency” display window(s)
g	Increase “gamma” (38-42 Hz) threshold 0.1 uV or target by 1%
G	Decrease “gamma” (38-42 Hz) threshold 0.1 uV or target by 1%
h	Increase “hibeta” (20-38 Hz) threshold 0.1 uV or target by 1%
H	Decrease “hibeta” (20-38 Hz) threshold 0.1 uV or target by 1%
i	Toggle “1-dimensional trend” line graph display window(s)
j	Toggle “2-dimensional trend” line graph display window(s)
l	Increase “lobeta” (12-15 Hz) threshold 0.1 uV or target by 1%
L	Decrease “lobeta” (12-15 Hz) threshold 0.1 uV or target by 1%
m	Toggle “Brain Mirror” between FFT and Filtered Mode
p	Toggle “Phase Space” display window(s)
r	Reduce artifact rejection threshold value by 10 microvolts
R	Increase artifact rejection threshold value by 10 microvolts
t	Increase theta (3-8 Hz) threshold by 0.1 uV or target by 1%
T	Decrease theta (3-8 Hz) threshold by 0.1 uV or target by 1%
u	Increase user band threshold by 0.1 uV or target by 1%
U	Decrease user band threshold by 0.1 uV or target by 1%
w	Toggle “Waveform” display window(s)
y	Update thresholds (when using autothresholding)
z	Stops and Starts data acquisition
+	Increase display gain by 20%
-	Decrease display gain by 20%
0	Set threshold adjust to “both channels” mode
1	Set threshold adjust to “channel 1 only” mode
2	Set threshold adjust to “channel 2 only” mode
3-9	Post Notes 3, 4, 5, 6, 7, 8, 9
<Tab>	Toggle between THRESHOLD and FREQUENCY adjust mode (Will see frequency component labels highlighted if FREQ mode)
.	(“period” or “decimal point”) Start Data Acquisition

Note: In THRESHOLD adjust mode, typed character “t”, “T”, etc. will change the threshold up or down. If AUTOTHRESHOLD is ON, then the TARGET PERCENTAGE will be changed by 1% (percent) up or down. If AUTOTHRESHOLD is OFF, then the THRESHOLD VOLTAGE will be changed by 0.1 uV (microvolt) up or down. In FREQUENCY adjust mode, typed character will change the frequency band settings by 0.5 Hz (Hertz = cycles per second) up or down.

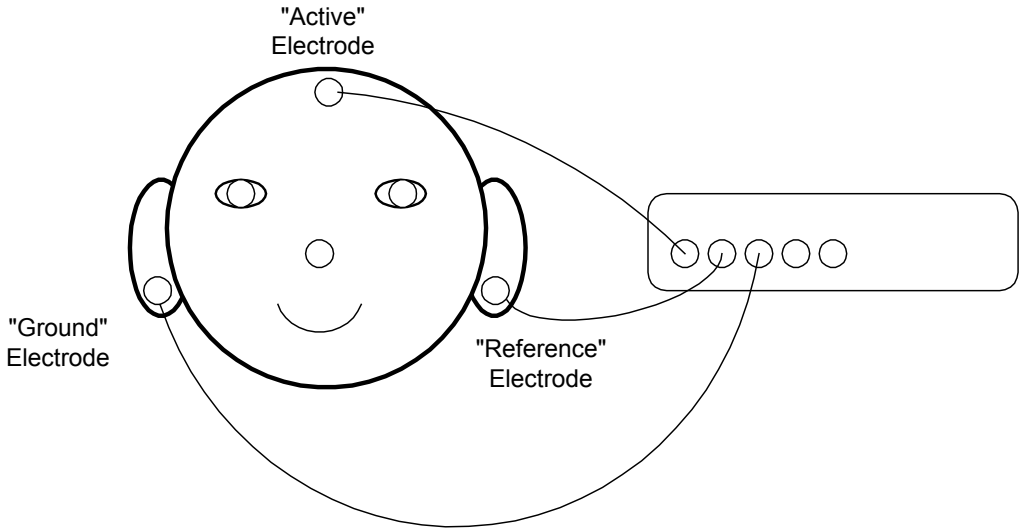
Built-in Protocols

The following standard settings files are included, and can be selected from the setup program.

Name	Use	Published Application	Recommended leads	Displays	Training
Alert	increase beta suppress theta	Focus, Alertness (Sterman, Lubar)	**C3 (blue) left ear (yellow) right ear (black)**	waveform, filtered wave, thermometers, filtered mirror	beta "go", theta "stop", hibeta "stop", others "ignore"
Asym	Increase right alpha, suppress left alpha	Mood (Rosenfeld, Baehr)	**F3 (blue) Cz (yellow, green) F4 (red) A1 (black)**	Waveform, filtered wave, thermometers, Thermos and TrendView Windows	Right alpha "go", left alpha "stop"
Deep	Increase alpha increase theta	Deep Relaxation (Penniston)	**Cz (blue) right or left ear (yellow) other ear (black)**	waveform, thermometers, filtered mirror	alpha "go", theta "go" Note: use with caution, watch for possible abreaction
Deep2	2-channel protocol similar to "deep"	Deep Relaxation (Penniston)	**C3 (blue) left ear (yellow) C4 (red) right ear (green) Cz (black)**	waveform, thermometers, filtered mirror	alpha "go", theta "go" Note: use with caution, watch for possible abreaction
Focus	increase lobeta suppress theta	Concentration, Focus (Lubar, Sterman)	**C4 (blue) right ear (yellow) left ear (black)**	waveform, filtered wave, thermometers, filtered mirror	lobeta "go", theta "stop", hibeta "stop", others "ignore"
Peak	alpha coherence	Peak performance (Fehmi/Hardt/ Kamiya)	**C3 (blue) left ear (yellow) C4 (red) right ear (green) Cz (black)**	waveform, thermometers	alpha coherence "up"
Peak2	2-chahnel peak performance	Peak performance (Combined Lubar/Sterman)	**C3 (blue) left ear (yellow) C4 (red) right ear (green) Cz (black)**	Waveform, thermometers	beta "go" channel 1, lobeta "go" channel 2, theta "stop" both channels, hibeta "stop" both channels, others "ignore"
Relax	increase alpha	Relaxation (Classic alpha protocol)	**Cz (blue) either ear (yellow) other ear (black)**	waveform, filtered wave, thermometers, filtered mirror	alpha "go", hibeta "stop", others "ignore"
Sharp	"squash"	Mental fitness (Maust, others)	**Cz or Fz (blue) either ear (yellow) other ear (black)**	waveform, thermometers, fft mirror	theta "stop", alpha "stop", lobeta "stop", beta "stop

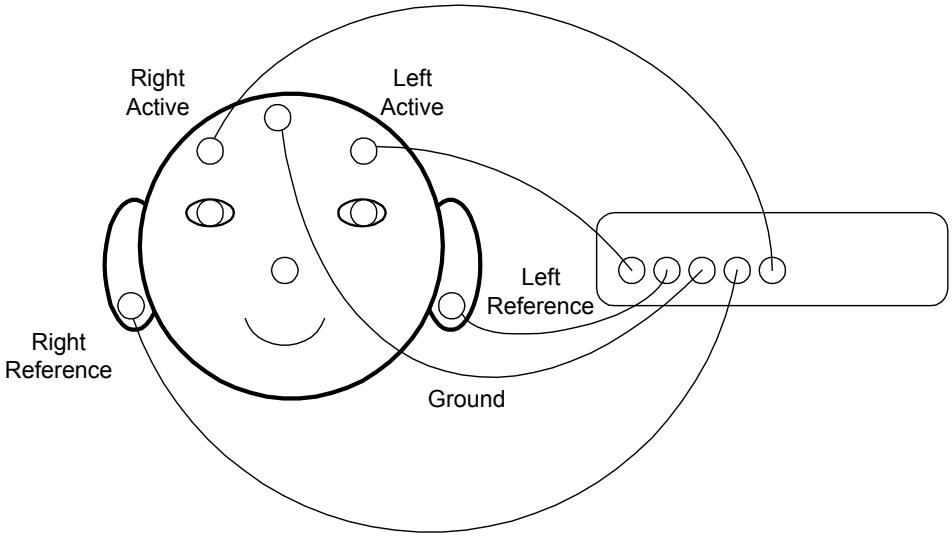
To use one of these protocols, select the protocol name from the select list on the "Read/Write Settings File" popup box. Then press the "Read in Settings From this File" button. The settings will be loaded into the folder for the current Trainee/Study ID.

Typical 1-channel Connection



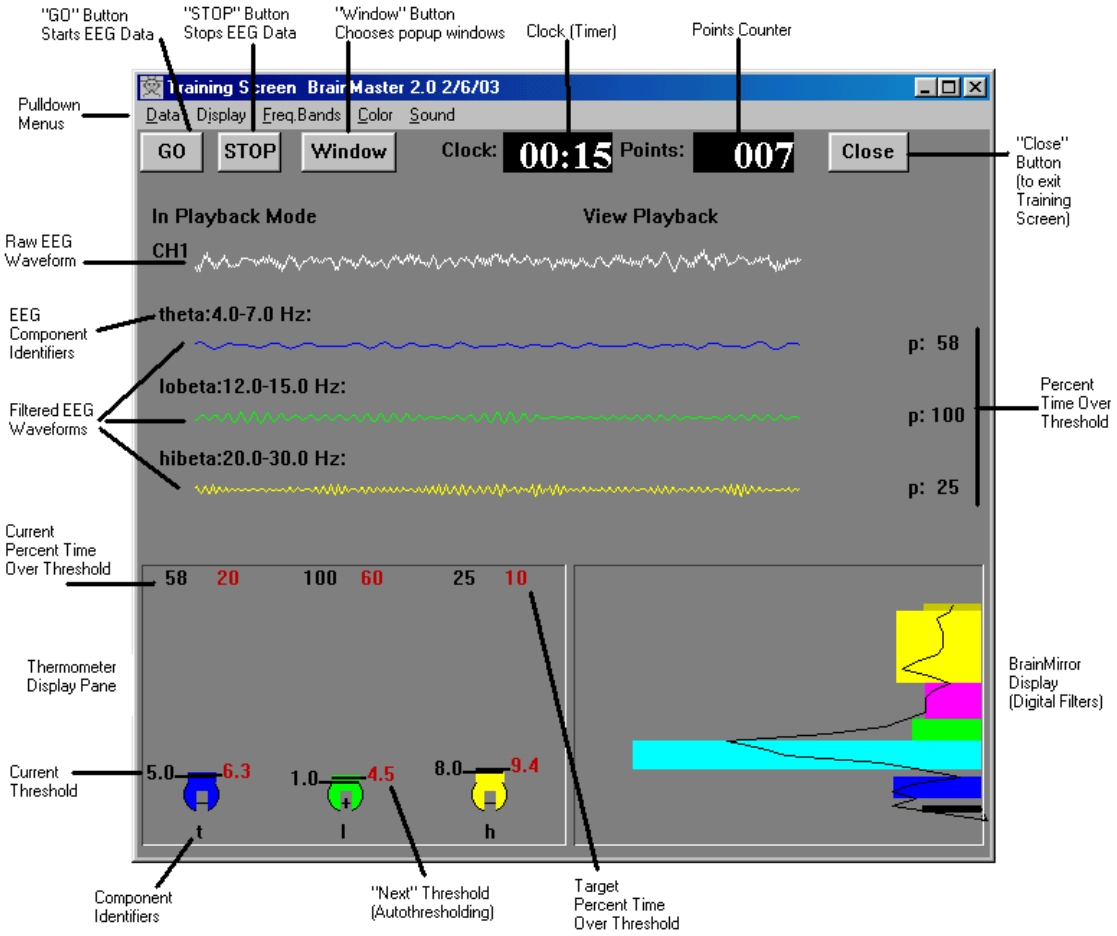
Active	(on head)	Blue
Indifferent	(one ear)	Yellow
Ground	(other ear)	Black

Typical 2-channel Connection



Left Active	(on head)	Blue
Left Reference	(left ear or mastoid)	Yellow
Ground	(forehead, ear, or mastoid)	Black
Right Reference	(right ear or mastoid)	Green
Right Active	(on head)	Red

This is the 2.0 Training Screen with the "Focus" Protocol



THRESHOLD MODE (AUTOTHRESHOLD OFF):
"t", T", "a", "A", etc. change the THRESHOLDS (microvolts)
Changes are 0.1 microvolt up or down

THRESHOLD MODE (AUTOTHRESHOLD ON):
"t", T", "a", "A", etc. change the TARGETS (percentage)
Changes are 1 percent up or down

Use <Tab> to switch between two modes:
If Component labels are highlighted:
"t", T", "a", "A", etc. change the FREQUENCY BANDS (cycles/second)
Changes are 0.5 cycles/second up or down (whole band moves)

CHANNEL SELECT MODE :
"1" = "channel 1 only", "2" = "channel 2 only", "0" = "both channels