

Phase 1 Wearing a Hat

The goal of Phase 1 is to introduce the sensation of wearing a snug hat for up to 30 minutes using a wig cap or knit beanie. You should do this while watching a favorite video or show.



If 30 min doesn't seem tolerable yet, start at 5 or 10 minutes and work your way up. It's important to use praise, treats, and/ or a favorite toy as encouragement to do a good job.



Phase 2 Wearing the Practice Net

After a snug hat sensation can be tolerated for about 30 min, you can introduce our practice EEG net cap provided by our lab. This net resembles our electrode net so it is great for practice.



The goal of Phase 2 is to build up tolerance for wearing the practice net for about 30 min, which will likely take a few tries. We suggest spending 1 – 1.5 weeks working on this skill, but take as long as needed.



Try tying or clipping a weighted item onto the tail end of the net to simulate the feeling of being loosely tethered to something.

How should I apply the net?

Here is a link to our visual demonstration:
<https://vimeo.com/221937720>

Phase 3 Wearing a Wet Practice Net

Now that you're only 1 – 2 weeks away from the EEG session, it's time to add the final condition: water.

The goal of Phase 3 is to become comfortable with a wet head. There are a couple ways you can add water to your practices:

- Fully soak the net in water before applying onto the head.



- Use a spray bottle to heavily dampen the hair before or after applying the net.



- Place a wet washcloth on top of the head before applying the net.



Initially, it might be best to practice Phase 3 before or after a shower to ease into the wet head feeling. Then try to phase the shower out.

What to Expect:



It's wet!

The net will be soaked in a salt water solution to help our computer pick up your brainwaves. This means you can expect feeling water droplets roll down your face and neck. Don't worry- we will give you a towel for those pesky droplets!

We will hook you up!

Since our net hat is hooked up to our reader via wires, you will feel the sensation of being loosely tethered to the arm of a machine. It's like someone is gently holding up your really long wire hair.

Behavior

To get a clear reading from an EEG, we will ask you to sit super still to limit noisy neurons in your brain. Practice keeping a relaxed face and body while wearing the practice net at home. This includes no mouth movements or clenched teeth.

You are AMAZING!

Your participation means the world to us because the more brainwaves we analyze, the more we learn. You are allowing us to further our understanding of how genes, brains, and behaviors influence development.



Questions, Comments, Concerns

We - you and our team - are now one big happy team. We will ask you questions, and we encourage you to ask us as many questions as necessary in return. We look forward to hearing from you!

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Preparing for your EEG session!



During an EEG session, a wet electrode net hat is placed snugly on a participant's head while he or she watches videos. It is not painful, but there are some unusual sensations.

We at the Bernier Lab want to make sure you feel comfortable and prepared for your upcoming EEG session, so here are some helpful tips to practice at home to ensure a successful session at the lab!