Protocol Settings Guide
for Brain-Trainer for BioEra

Red indicates preset protocols.

	BioEra Category - Design	Design Setup	Other Settings	Notes
ALP	ALP - Alpha-Theta			Play until music stops
	ALP - Alpha Up	Dominant Freq. (8-12 Hz) Dominant Freq. (6-12 Hz)		As indicated on training plan
BAL	BAL - Alpha-Beta Asymmetry	Alpha and Beta Alpha Beta		Select Alpha, Beta or both
	BAL - Difference	1 C, Slow-Fast 1 C, Theta-Beta 1 C, Alpha-Theta 1 C, HiBeta-SMR IN ( ) REW ( )	- - - - Enter IN & REW	
	BAL - Difference	2 C, Slow-Fast 2 C, Theta-Beta 2 C, Alpha-Theta 2 C, HiBeta-SMR IN ( ) REW ( )	- - - - Enter IN & REW	
	BAL - Difference	4 C, Slow-Fast 4 C, Theta-Beta 4 C, Alpha-Theta 4 C, HiBeta-SMR IN ( ) REW ( )	- - - - Enter IN & REW	
	BAL - Sum & Diff	sum ( ) difference ( )	Enter sum & difference	
FRE	FRE - FRE1+	Preset - Centering Preset - Trauma Preset - Windowed squash 1 Channel 2 Channels (summed) 4 Channels (summed)	- - - Enter IN & REW Enter IN & REW Enter IN & REW	- - - May not need all May not need all May not need all
	FRE - FRE2C	Preset - Beta SMR Preset - Dual Bipolar Preset - Dual Bipolar (Calming) IN ( ) REW ( )	- - - Enter IN & REW	- - - May not need all
	FRE - FRE4C	Preset - RH Bipolar IN ( ) REW ( )	- Enter IN & REW	EO 6-20 min. May not need all
	FRE - FRE%1C	Quick select 12-15 Hz Quick select 9-12 Hz REW ( )	- - Select REW min & max	*Adjust SMR band as necessary.* Use sliders

CON	CON - MBC (Multiband)	Up Down Combined		Select song for feedback
	CON - Sync	Delta/Off/Off Theta/Off/Off Alpha/Off/Off SMR/Off/Off Gamma/Off/Off Alpha/Theta/Off Alpha/Gamma/Off Gamma/SMR/Off		High beta inhibit remains on.
	CON - MVC (Multivariate)	Increase coherence Decrease coherence	Select MV coherence band, IN & REW	Special protocol. Refer to assessment.