

Welcome to the world of brain-training! Your brain-training package includes some or all of the following items: software, hardware, courses, mentoring. Please see your packing list for a list of items you have purchased. Complete the checklist below to prepare for training.

- ☐ **DOWNLOAD PRODUCT FILES**
- ☐ **EXTRACT ZIPPED FILES**
- ☐ **INSTALL SOFTWARE**
- ☐ **CONNECT HARDWARE**
- ☐ **PREPARE ELECTRODES**
- ☐ **PREPARE SALINE SOLUTION**
- ☐ **FOUNDATIONS LESSONS THROUGH "Finding Training Sites" SECTION**
- ☐ **EMAIL YOUR MENTOR**
- ☐ **COMPLETE CLIENT REPORT QUESTIONNAIRE**

Contents

<i>Outline for Getting Started</i>	<i>2</i>
<i>How to download setup files.....</i>	<i>5</i>
<i>How to extract the files</i>	<i>8</i>
<i>How to run setup files</i>	<i>10</i>
<i>How to update Brain-Trainer for BioEra</i>	<i>12</i>
<i>Device Connection.....</i>	<i>13</i>
<i>How to connect the Neurobit Optima</i>	<i>14</i>
<i>Neurobit Optima+ 4 USB</i>	<i>14</i>
<i>Neurobit 2- or 4-channel devices</i>	<i>14</i>
<i>How to connect a Wiz (Q-wiz, U-wiz, X-wiz)</i>	<i>18</i>
<i>Other devices.....</i>	<i>19</i>
<i>How to prepare your TC26 electrode assemblies.....</i>	<i>20</i>
<i>How to prepare saline solution for TC26.....</i>	<i>22</i>
<i>A view of the feedback system.....</i>	<i>23</i>
<i>Terminology</i>	<i>24</i>

Outline for Getting Started

Below is a general explanation of the process for getting ready to begin training. Step-by-step instructions are found later within this document. Please see the accompanying links or the table of contents.

Software

DOWNLOAD PRODUCT FILES - [Illustrated How-to](#)

Software and driver files can be downloaded any time from your shop account. Save files to your computer. Most will be in a compressed ("zipped") folder. They need to be extracted first.

Please login to your shop account at brain-trainer.com/my-account. On the left, click "Downloads." You will see one or more setup files that are available to you. Please save them all to your computer. They will be there when you are ready to install.

EXTRACT ZIPPED FILES - [Illustrated How-To](#)

Downloaded files will likely be in a compressed, or zipped, format. These must be extracted before they are run.

You may begin any courses or informational reading while you wait for your hardware to arrive.

INSTALL SOFTWARE - [Illustrated How-to](#)

You may wait for your hardware to arrive before installing software. Each setup file will install specific files to your computer. If you purchased an amplifier (training device) you likely have a setup file for installing the driver as well. Begin with the "main" installer if you have purchased it. Double-click on a file to run it. Then do the same for any others.

Hardware

CONNECT HARDWARE - [Illustrated How-To](#)

When your hardware package arrives and your software is installed, you are ready to connect your amplifier. Please see specific instructions for your particular device.

PREPARE ELECTRODES - [Illustrated How-To](#)

Prepare your TC26 electrode assemblies and saline solution and have them soaking in saline solution so they are ready for use.

Courses

BRAIN-TRAINER U

Your courses are listed on your account page too. Click on the name of any one to begin your lessons.

[Introduction to Brain-Training](#)- Basic concepts and terminology, what we measure, why and what it means, how brain activity relates to stress and physical function.

[Setting up your system](#)- Online guide for setting up, including hardware requirements for your computer.

[TC26 Trainer's Cap System](#) - Online guide to care and use of the TC26 electrode cap.

[Brain-Trainer for BioEra](#)- Introduction to the software and some specific protocols.

[Foundations of Brain-Training](#)- Practical and didactic material combined to get started on the path of brain-training. Introduces first assessment.

You should complete *Foundations of Brain-Training* sections through "Finding Training Sites" prior to your first meeting with your mentor.

Consultation

Setting up your system can generally be done on one's own using the provided guides. If you prefer, [system setup support](#) can be purchased or mentoring time you have purchased can be used for system setup. Most users setup on their own and use their mentoring time for training and support. Problems in setup that are not solved with the instructions provided can be addressed outside of paid consultation.

MENTORING

If your purchase included mentoring hours, your order email should have prompted you to select a mentor. Once you select your mentor, he or she is notified of the selection. When you have set up your system and tried out your software as prompted in *Foundations of Brain-Training*, or if you are ready to meet with your mentor, please send an email to him or her.

WHOLE-BRAIN TRAINING PLAN

If your purchase included a Whole-Brain Training Plan, there are 2 parts to this.

- 1) Complete an online questionnaire that will be used to develop the plan. If you have a mentor he or she should send you a link to begin the questionnaire. You may request one from your mentor if you have not received it yet.

2) [Complete an assessment recording](#) - gathering of EEG data that will be used to develop the plan.

Before completing the assessment you should practice getting a good signal with your software. You can send a sample recording of the data to your mentor or to support@brain-trainer.com to check the quality of your signal.

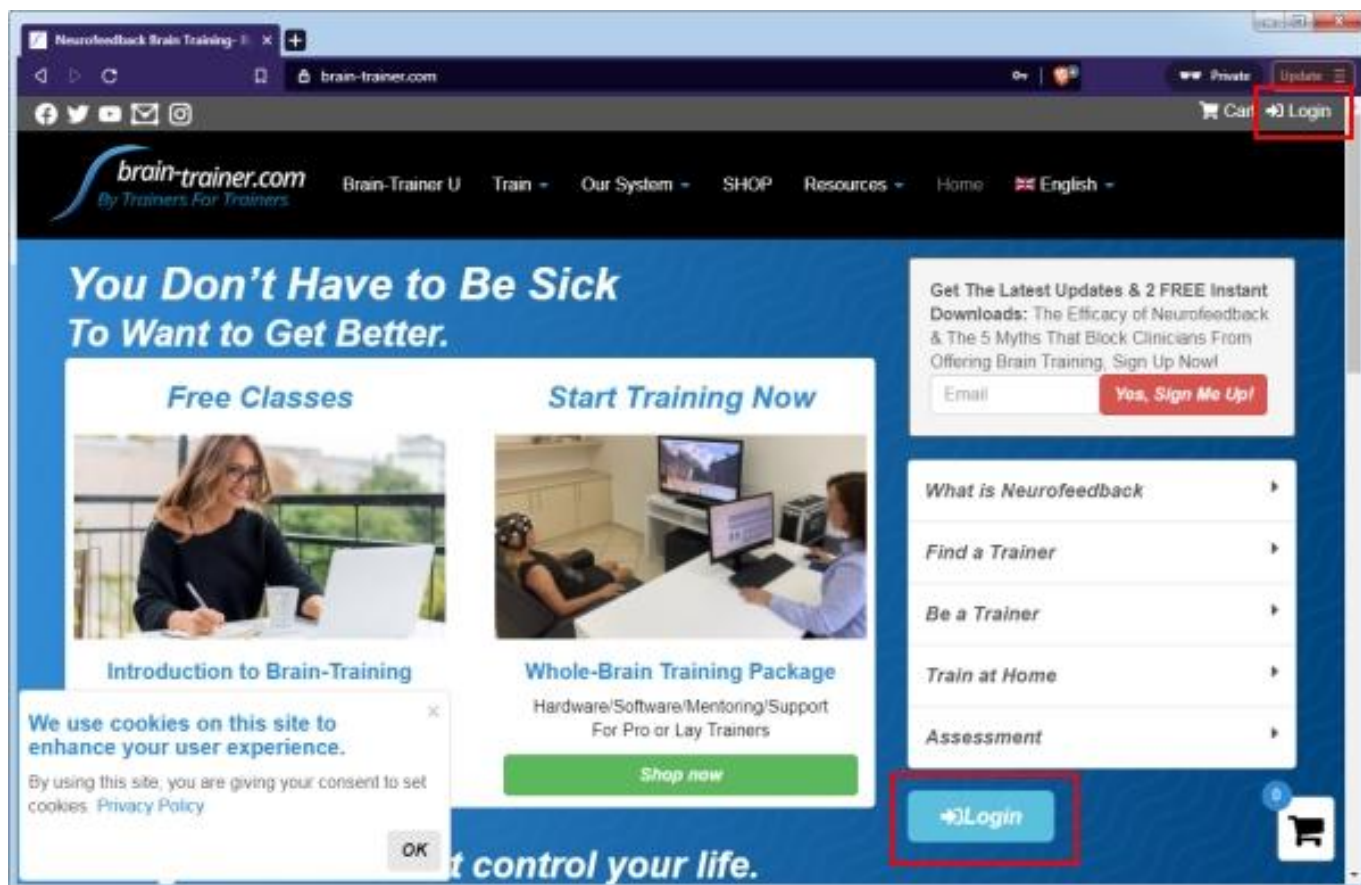
After you have recorded your assessment, send your assessment files to your mentor.

See the video [Understanding your Whole-Brain Training Plan](#).

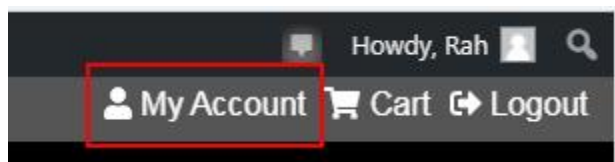
How to download setup files

If you have made your purchase in the Brain-Trainer online shop, you can download your files from your Brain-Trainer account. Login here <https://brain-trainer.com/my-account> or from the home page.

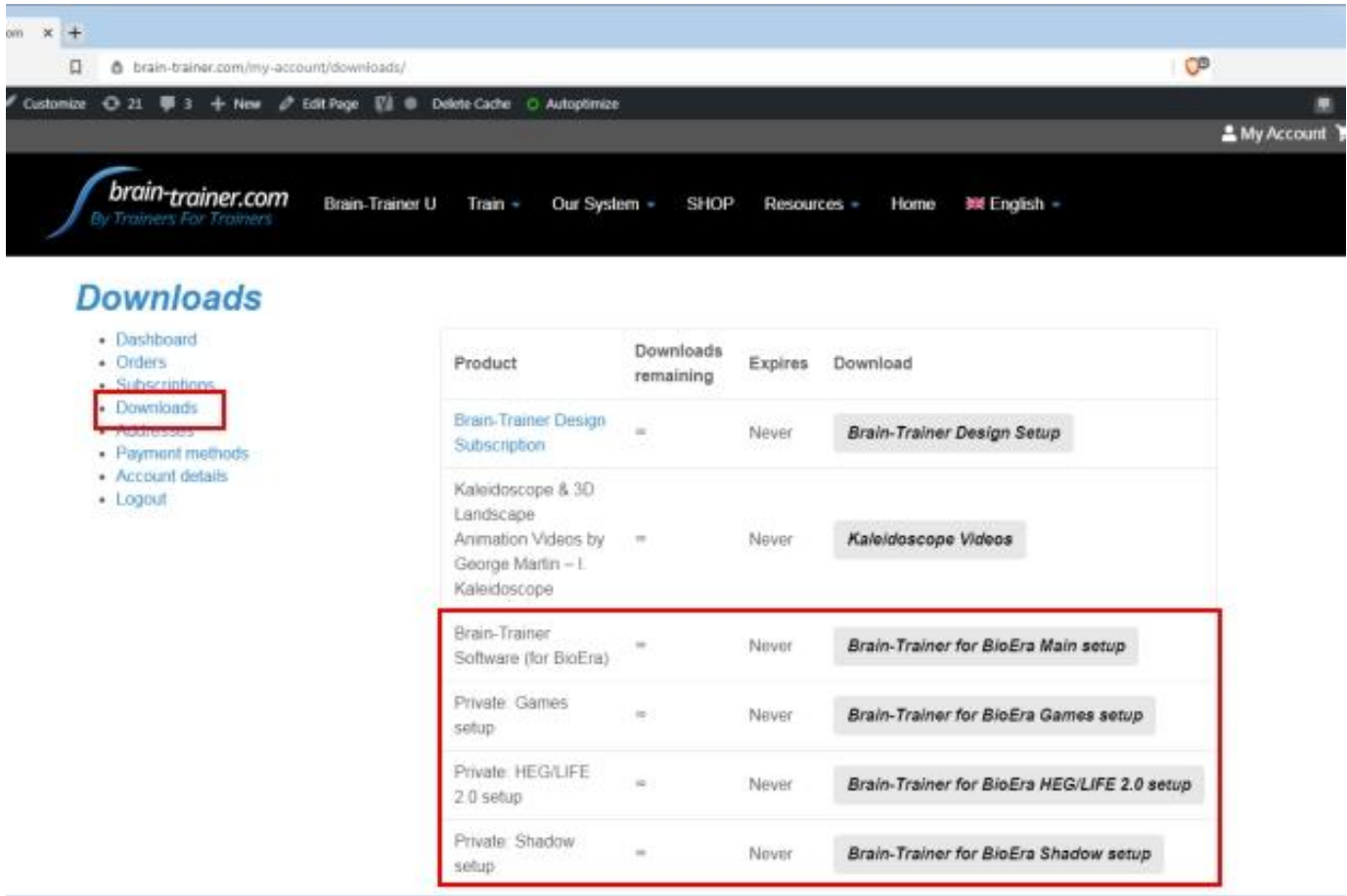
On the home page you can click “Login” at the top right or click the blue "Login" button.



After you are logged in select “My Account.”



When you are logged in, select “Downloads” at the left.

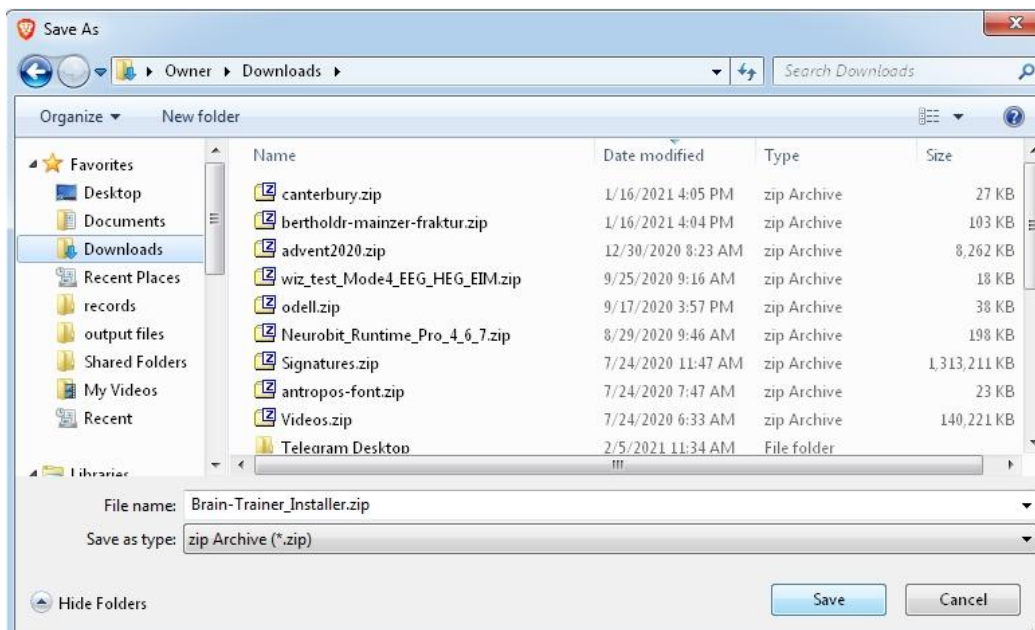


Downloads

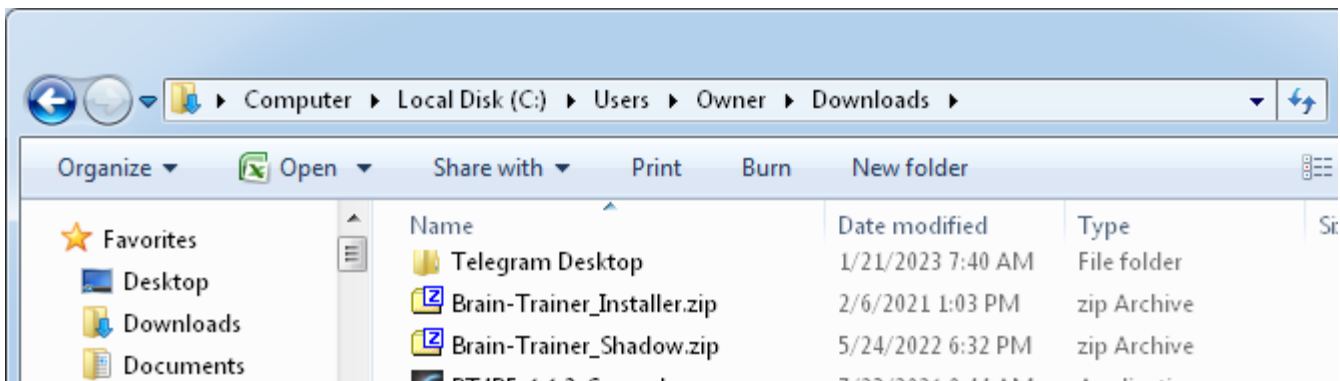
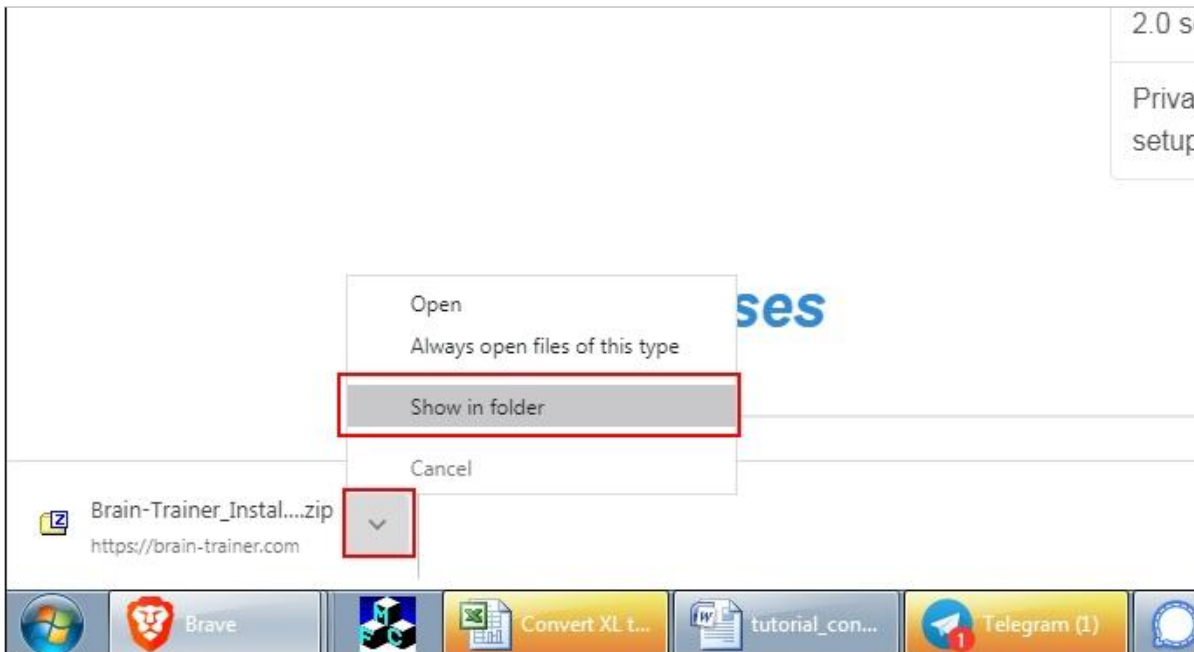
- Dashboard
- Orders
- Subscriptions
- Downloads**
- Addresses
- Payment methods
- Account details
- Logout

Product	Downloads remaining	Expires	Download
Brain-Trainer Design Subscription	=	Never	Brain-Trainer Design Setup
Kaleidoscope & 3D Landscape Animation Videos by George Martin - L. Kaleidoscope	=	Never	Kaleidoscope Videos
Brain-Trainer Software (for BioEra)	=	Never	Brain-Trainer for BioEra Main setup
Private: Games setup	=	Never	Brain-Trainer for BioEra Games setup
Private: HEG/LIFE 2.0 setup	=	Never	Brain-Trainer for BioEra HEG/LIFE 2.0 setup
Private: Shadow setup	=	Never	Brain-Trainer for BioEra Shadow setup

Click the button for a file and **save** to your computer. These will download as .zip files. DO NOT OPEN OR RUN YET.



Open your Downloads folder. *TIP: If you select “Show in folder” from your browser, the file will be highlighted (selected) already.*



Next you will need to extract the files.

How to extract the files

Windows computers generally include a program that will extract .zip files. If one is not found, you will not see the option to extract files.

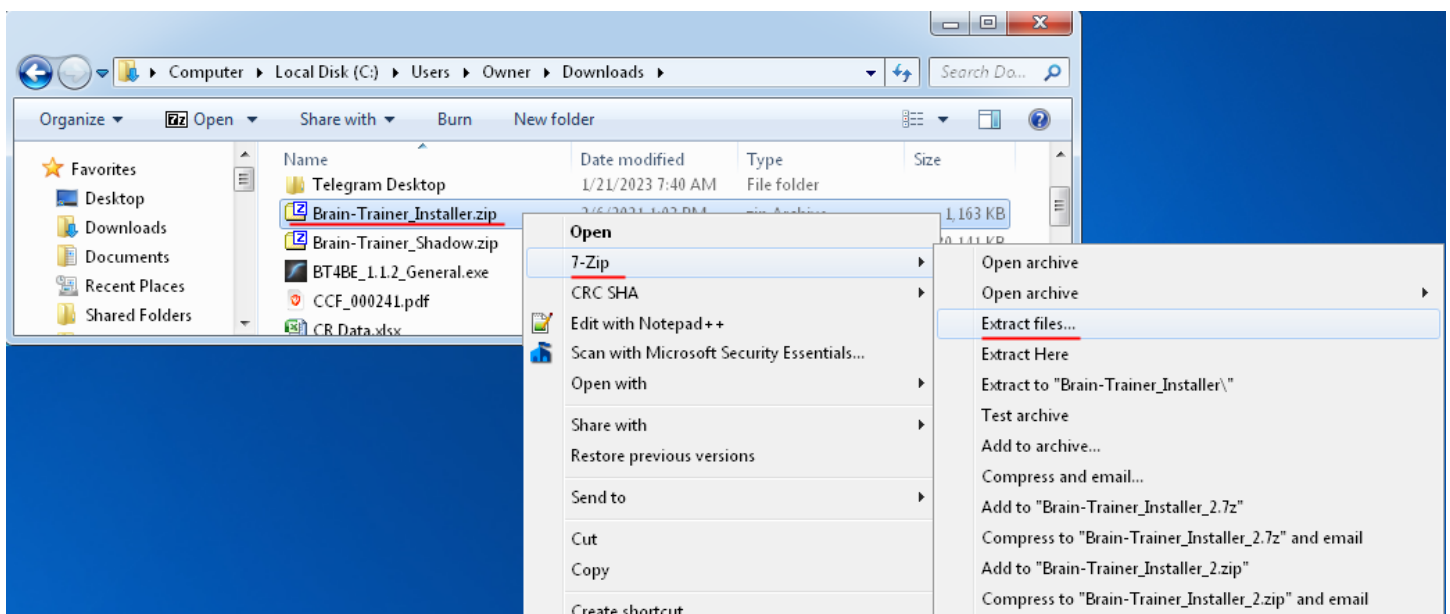
If you do not have a file extractor on your computer, you will need to install it. Here is a link to 7-Zip, a free file extractor you can install.

64 Bit systems: <https://www.7-zip.org/a/7z1805-x64.exe>

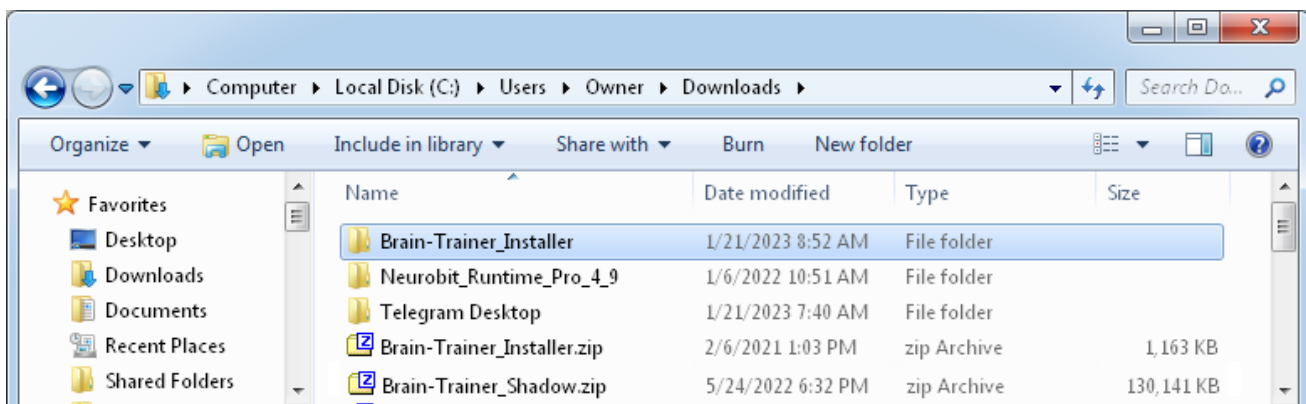
Most computers will be 64 bit.

32 Bit systems: <https://www.7-zip.org/a/7z1805.exe>

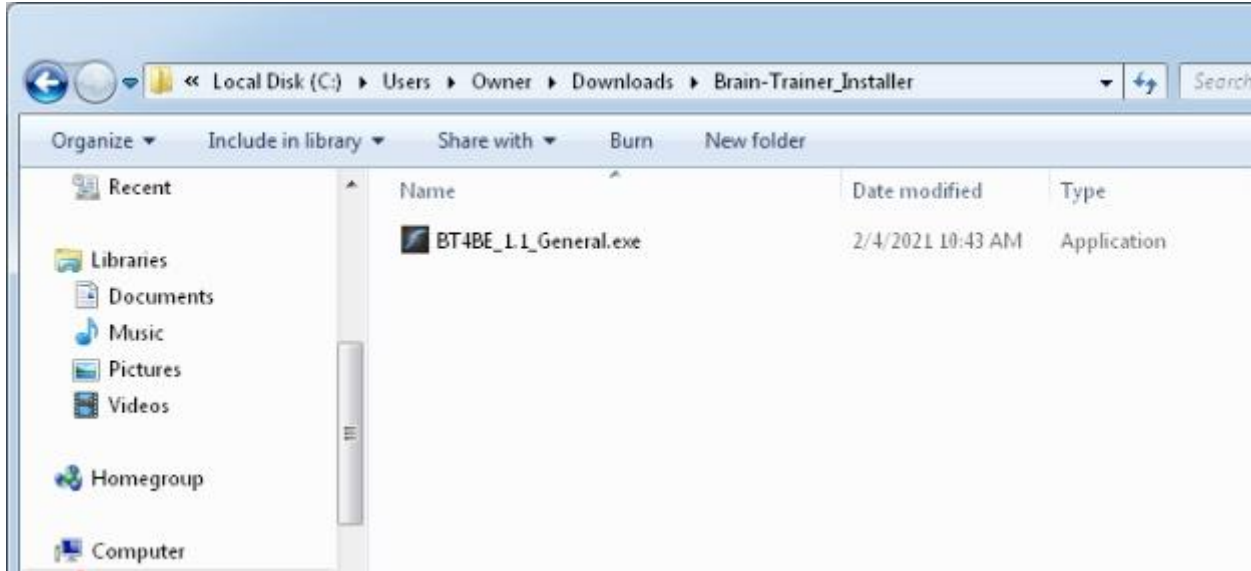
To extract, right-click on the selected .zip file and select “Extract all” or “7-Zip” and then “Extract files.” This will create an “unzipped” folder with the same name.



Scroll up (or down) to find the new folder.



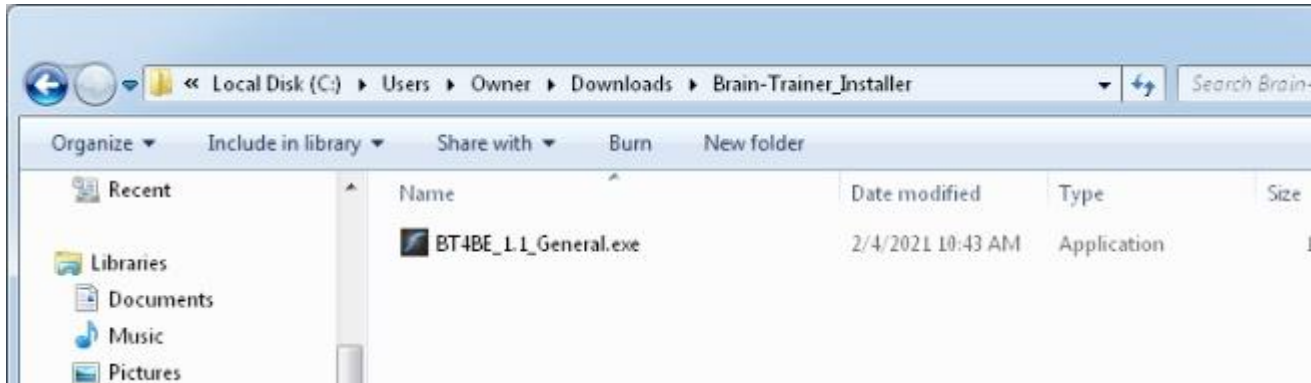
The setup file will be found inside. Open the folder.



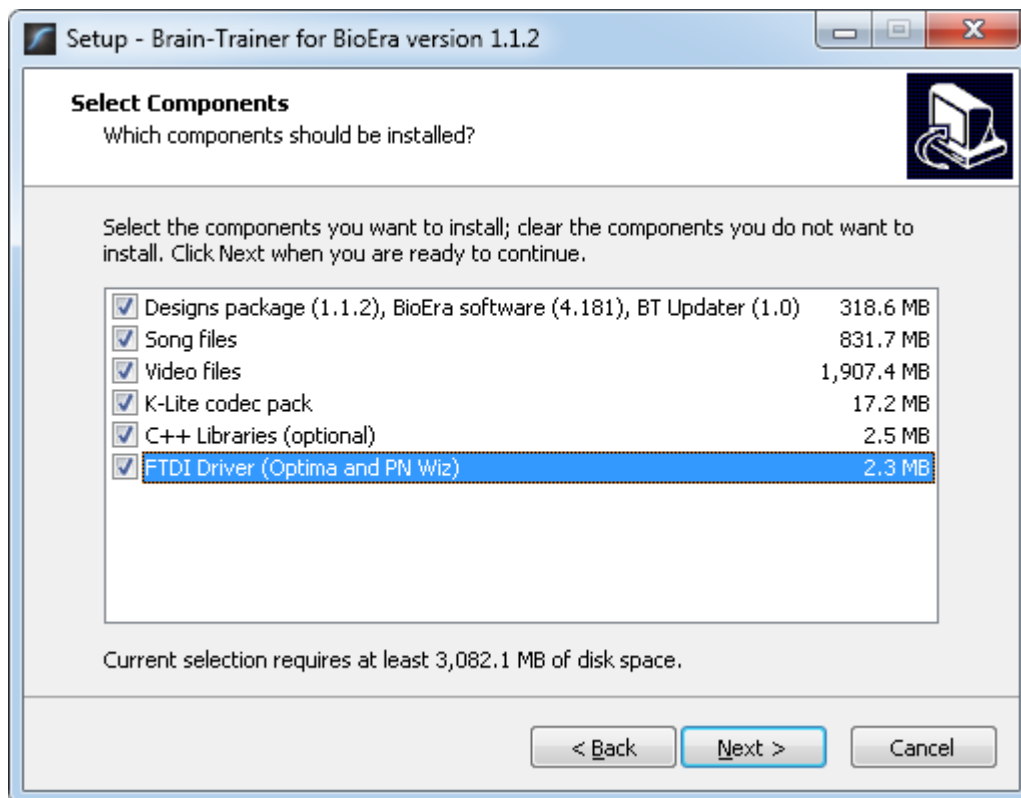
If you did not purchase from the Brain-Trainer shop, download your setup file(s) from the link provided to you by Brain-Trainer. The file may not be in a zip format, so extraction may not be necessary.

How to run setup files

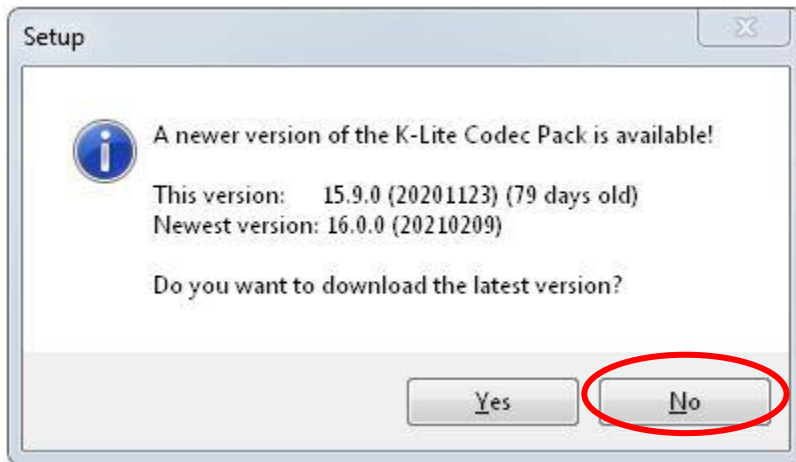
Double-click to install. READ and follow prompts (click the “Next” button) on the screen to advance through the installation process.



If your connection times out before the installation process is complete, we suggest that you start the installer again, but select only one component at a time (e.g. designs). After that runs, select only the next option, etc. until all components are installed. In some cases, slow internet connection may require that the user go to a location with faster internet connection to complete the installation process.



When installing media, the K-Lite Codec pack may prompt you to install a newer version.
SELECT "NO."



Connect your SanDisk USB software dongle key to a USB port on your computer to open your software. This dongle must be plugged in when you want to use the software. Brain-Trainer software will not run without the USB dongle key.



Double-click the Brain-Trainer for BioEra shortcut found on your desktop to open your software.

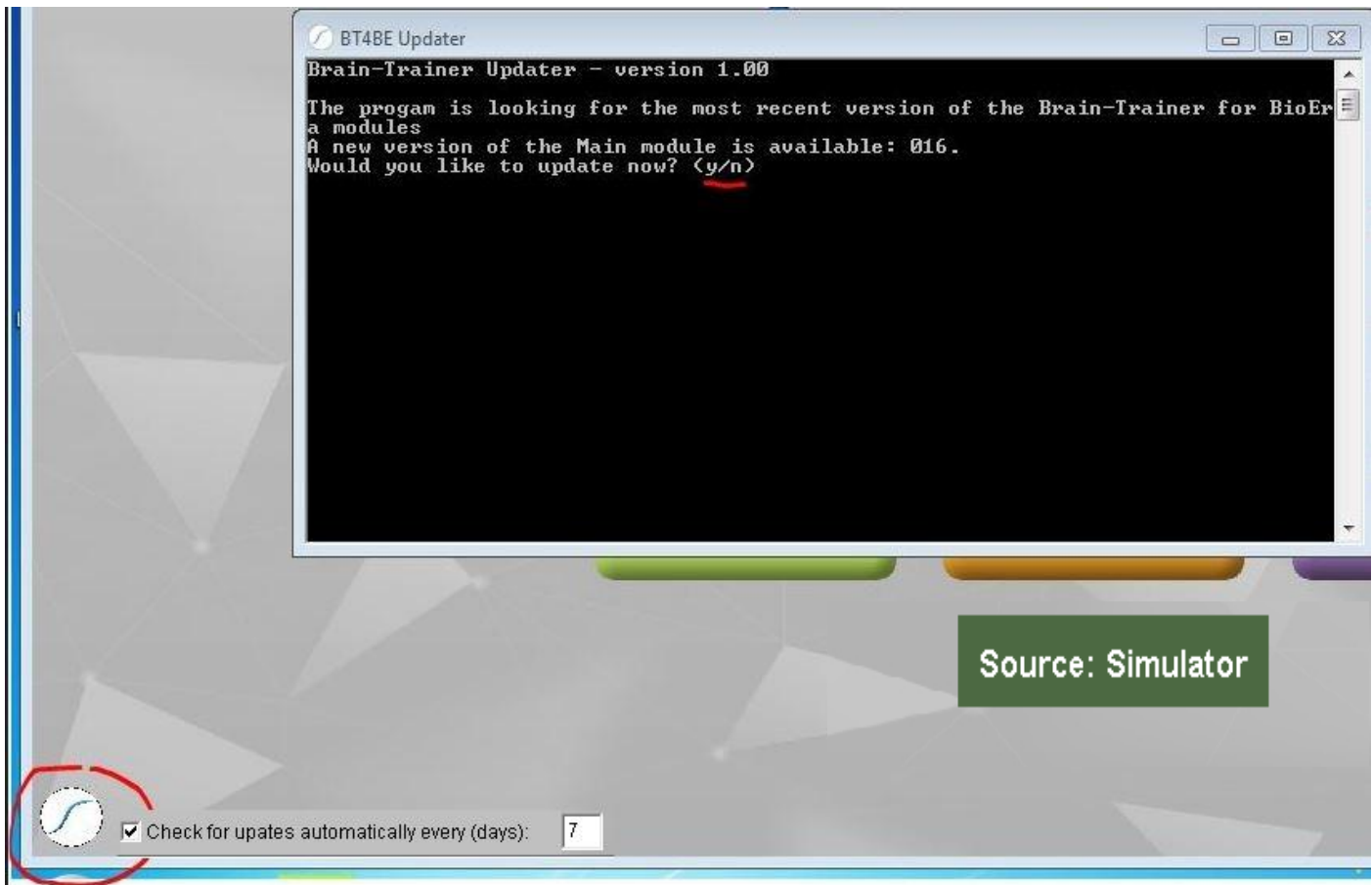


Check for new updates and update your software to the current version. (See next section.)

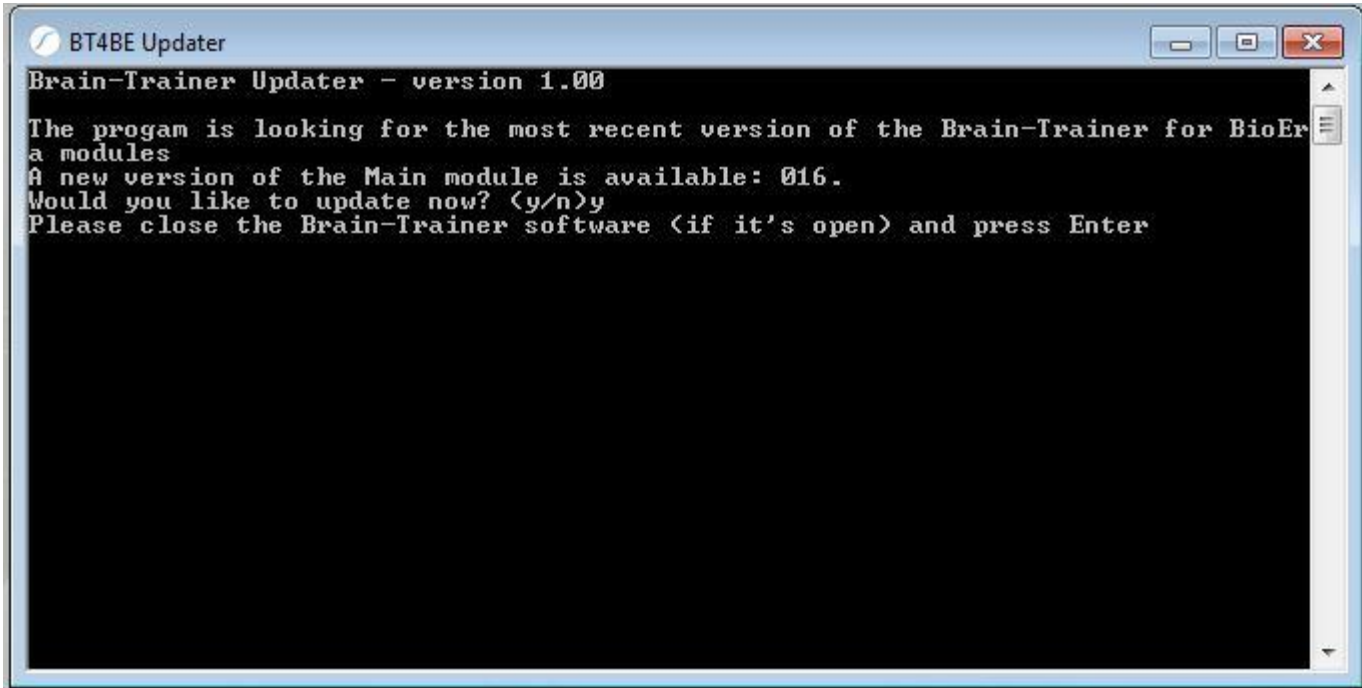
How to update Brain-Trainer for BioEra

Updating the software

It is important that you close the main program (BioEra) during the updating download/installation process when prompted. Click the Brain-Trainer icon at the bottom left. This opens the updater. When you run BT4BE Updater, it will tell if there is a new version available. Press *y* (yes) and press the *Enter* key to allow the installation.



The Updater will show a message prompting you to close the main program. When you see this message, close BioEra (the colored window containing the design names — TQ, HEG, FRE, etc.) but don't close the dark screen (BT4BE Updater). Press *Enter*. The program will go through the download/installation process and will let you know when it is finished.



How to update Brain-Trainer for BioEra without a device

If you are unable to update the software without a device on hand, change the device to Simulator from the main menu. Then you can update.

Device Connection

Connect your USB dongle key to a USB port on your computer and open your software. This dongle must be plugged in when you want to use the software. Brain-Trainer software will not run without the USB dongle key.

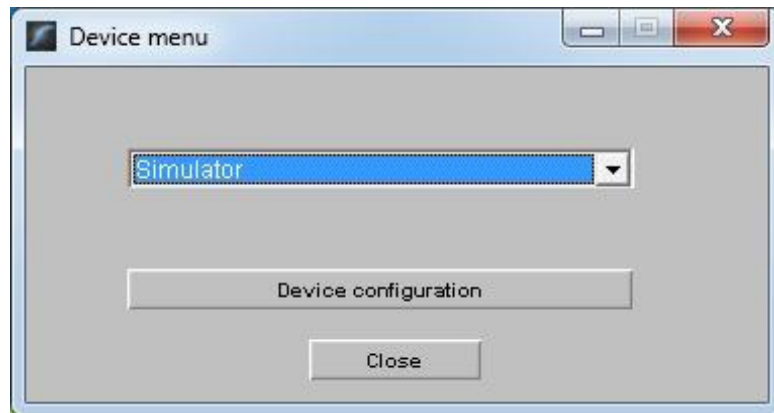


Follow instructions below specific to your amplifier.

How to connect the Neurobit Optima

Skip to Wiz

1. With the software open, plug the Neurobit device in the USB port and turn the device on.
2. Click on the Source to open the Device menu.

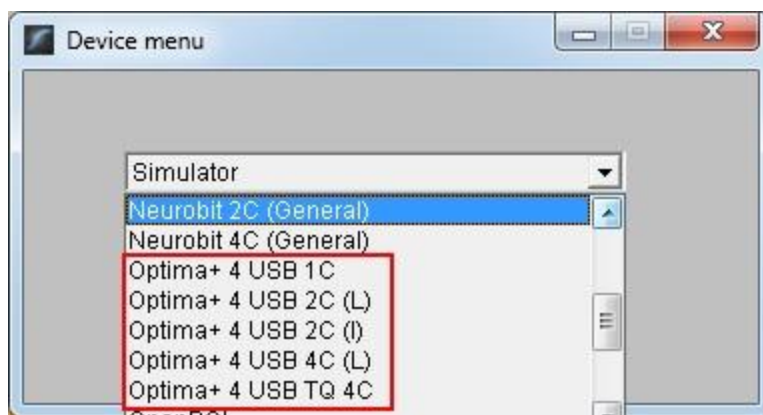


3. Make a selection in the dropdown menu. *Tip: Click to expand the drop menu.*

Neurobit Optima+ 4 USB

Select one of the Optima+ 4 USB settings. You may start with 4C (L) if you do not know what to choose. Then click Close in the Device menu window. **Device setup is finished!**

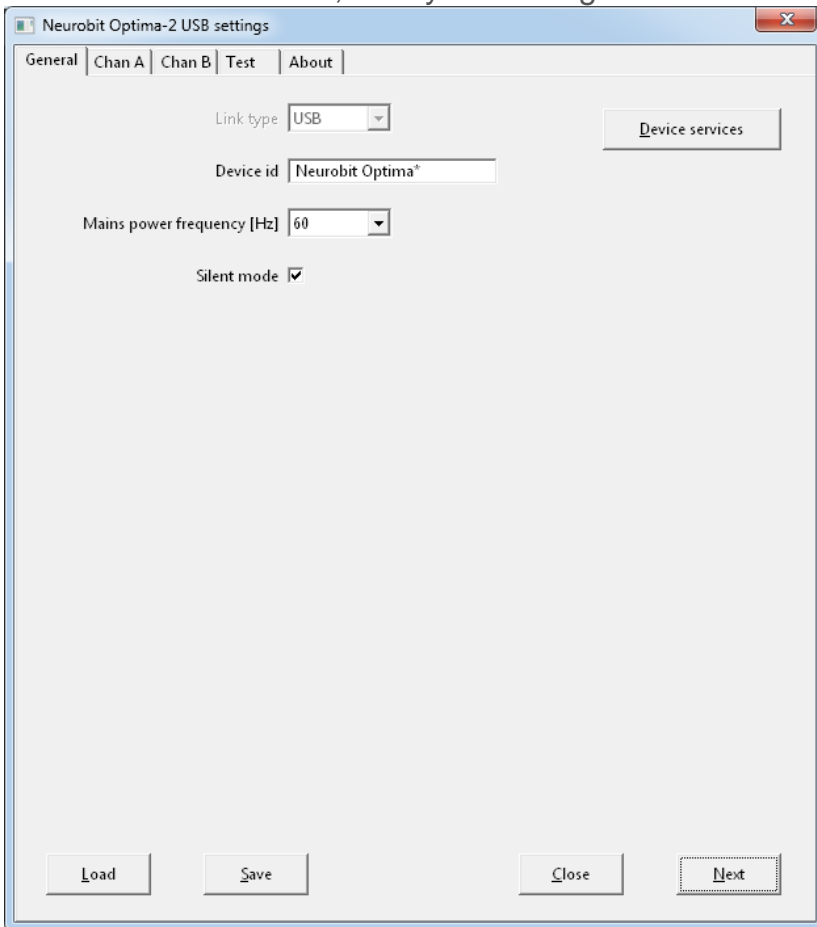
Return to this Device menu to select the appropriate settings for your training. 1-channel training uses "Optima+ 4 USB 1C," for example. Refer to your training plan to know how many channels and whether references should be linked or independent. "Optima+ 4 USB TQ 4C" is for TQ assessment gathering with TC26, electrodes or Electro-Cap.



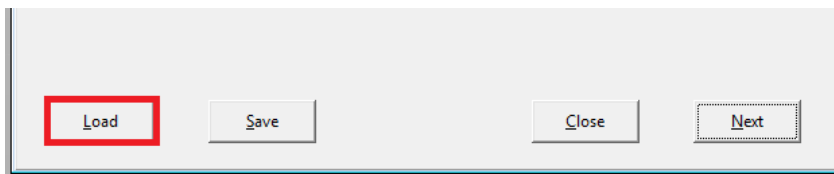
Neurobit 2- or 4-channel devices

Select either 2C or 4C (General) depending on how many channels your device has. (Neurobit 4C (General) also works with Optima+ 4 USB using the following instructions. You may choose this if you want to edit the settings rather than use default.)

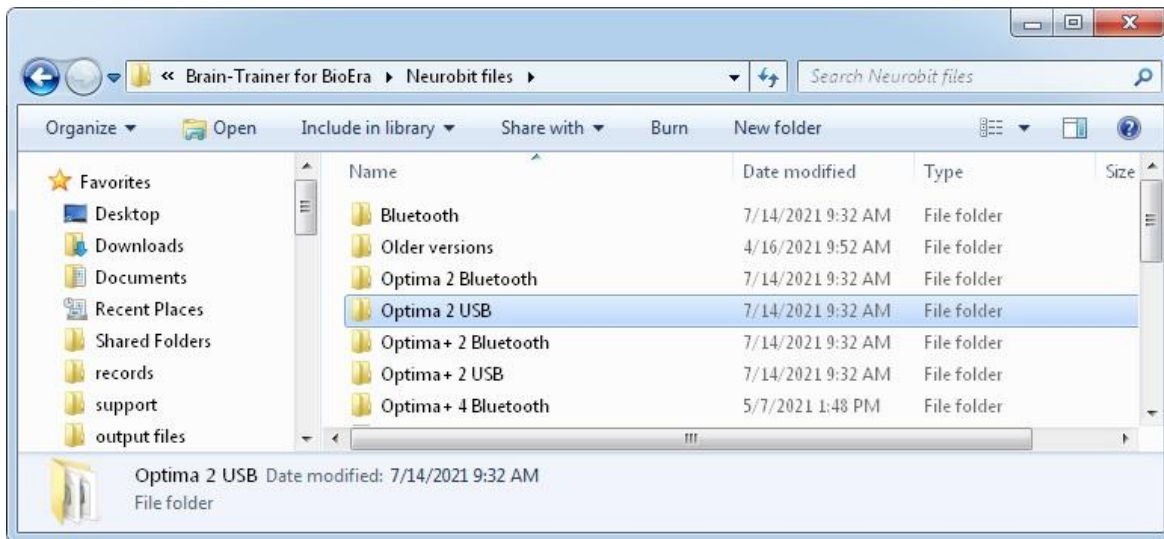
4. Click "Device configuration."
5. Select your Neurobit device in the first dropdown list. In this example, the device is "Neurobit 2C (General)", but yours might be another one.
6. Click Apply.
7. Click on the Device settings: "Open" button.
8. In the new window, load your settings.



9. Click "Load."



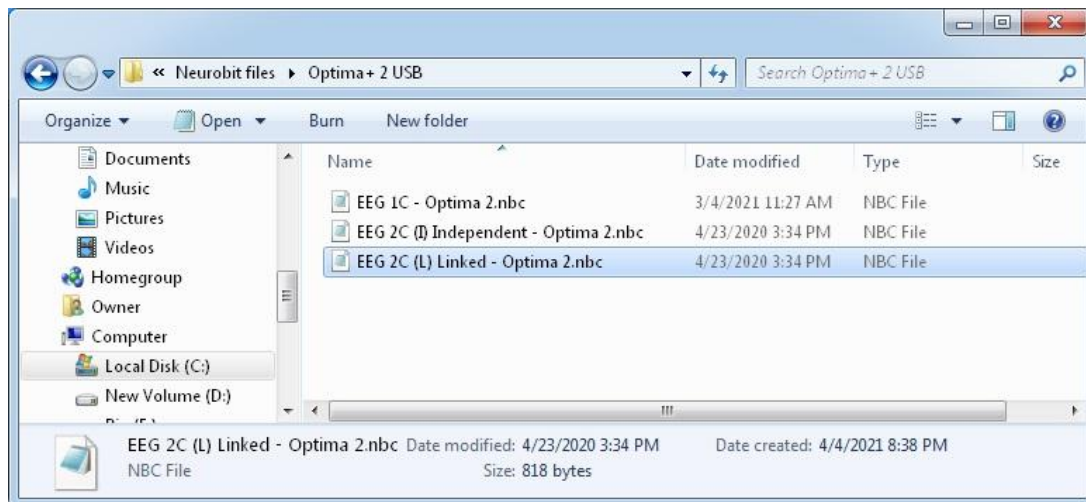
10. If you are not already there, navigate to the folder C:\Brain-Trainer for BioEra\Neurobit Files\[Optima 2 USB in this example]. Users with a device other than Optima+ 4 USB will have a set of settings in their own folder.



Select a file to start out with. If you are not sure of which file to choose, then select “EEG 2C (L) Linked” to try out your new software. When training EEG, return to these device settings to select settings appropriate to your protocol. 1-channel training uses “EEG 1C,” for example. Refer to your training plan to know how many channels and whether references should be linked or independent.

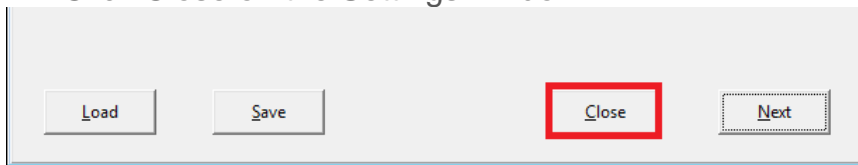
HEG settings are automatically loaded when the HEG design is opened, so no settings selection is necessary for HEG.

TC26 Trainer’s Cap uses regular EEG settings as for electrodes. “Electro-Cap” training settings are available only for use with Optima+ 4 USB with an electrode cap with ribbon cable using the “Neurobit 4C (General)” device.

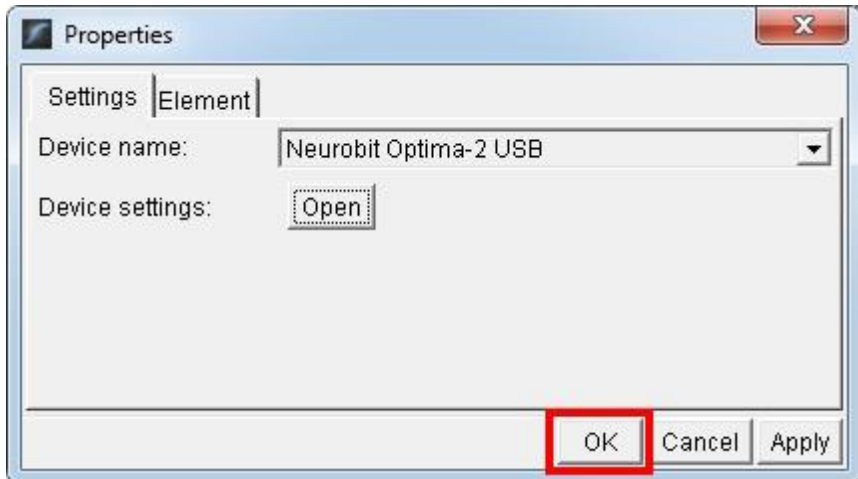


11. Click Open once you have selected your settings file.

12. Click Close on the Settings window.



13. Click OK and close the Device menu.



The device name will switch to Neurobit. A green light means the program is receiving a signal from the device. If it is not green, be sure your device is turned on. Plug the Neurobit device in the USB port on your computer and turn the device on.

Source: Neurobit

Source: Neurobit

How to connect a Wiz (Q-wiz, U-wiz, X-wiz)

The Pocket Neurobics driver must be installed before connecting to the software.

If you have not already done so, download the driver at the link below. (This would have been installed running the wiz amplifier setup.) Save and then **right-click to run as administrator**. Then continue with connecting to the software.

https://brain-trainer.com/downloads/pnWirelessDongleDriver_Install_XP_Vista_Win7.exe

1. Plug the PN Wiz device in the USB port on your computer.
2. With the software open, click on the *Source* to open the Device menu.



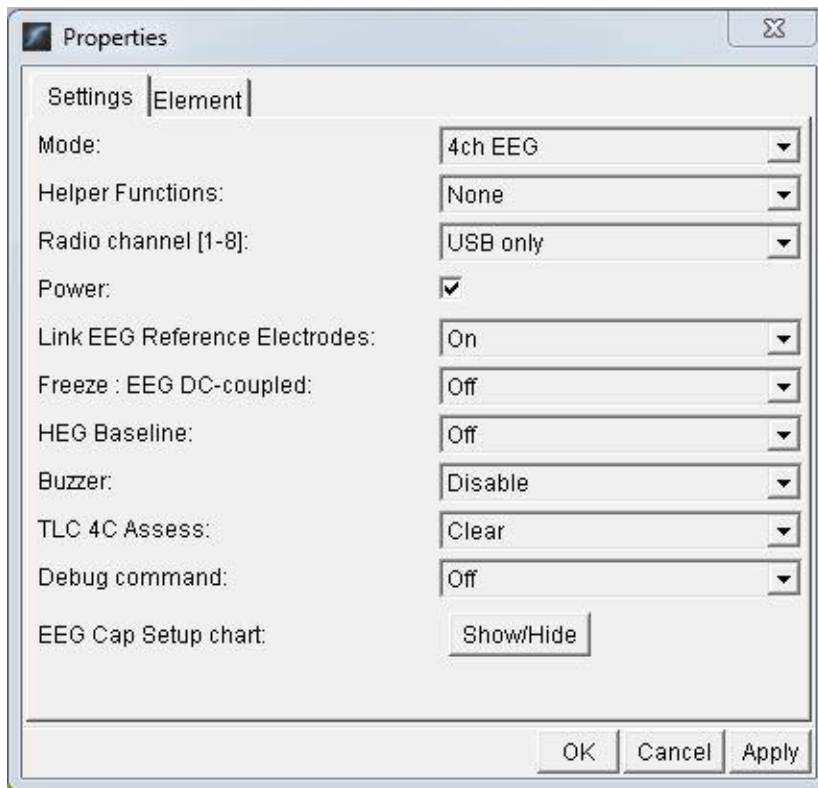
3. Select "PN Wiz Automatic" in the dropdown menu. *Tip: Click to expand the dropdown menu."*

The device name will switch to PN Wiz. A green light means the program is receiving a signal from the device. There is no need to select a COM port.



If the source light does not turn green, then click the USB symbol. Under COM port: change from "Auto detect" to the correct COM port for your device. [Find which port to use](#)

Device configuration for the Q-wiz should default to Mode 4ch EEG, Radio channel: USB only, Power: on, Link EEG References: On. Generally these do not need to be changed. 2 settings you may want to change in the future are 1) "TLC 4C Assess" to select TQ Assessment steps and 2) "EEG Cap Setup chart: Show/Hide" to select electrode cap sites.



Close Device menu when finished.

Other devices

If you have another device, please see our online manual for setup steps:

<https://brain-trainer.com/brain-trainer-for-bioera-manual/#device-connection>

How to prepare your TC26 electrode assemblies

Your electrode sensors will be held in place with the TC26 cap using an electrode cover. The electrode is "sandwiched" between two sponges which, when saturated with saline solution, will conduct the signal between the electrode and the scalp.

If you have purchased ear clip electrodes, you will not use electrode assemblies but will require conductive paste (e.g. Ten20).

For each electrode assembly you will need:

- 1 electrode
- 1 electrode cover
- 2 sponges

Place one sponge in the electrode cover.



Place one electrode in the cover with the wire in the groove of the cover.



Place the second sponge over the electrode, tucking the edges into the cover.



Your electrode assembly is ready for use. Before using, soak the assemblies in saline solution for a few hours so they will conduct the signal well.

How to prepare saline solution for TC26

Saline solution will be the conductant for electrodes with the TC26 Trainer's Cap. This can be mixed ahead of time and kept in a covered container.

The saline mixture will require:

- 1 cup water - Typically distilled water is used. Some have used tap water.
- ~1 cup salt - Sea salt or table salt, ideally no iodine added.

Add salt to the water while stirring until no more salt will go into the solution (about 3-4 tablespoons).

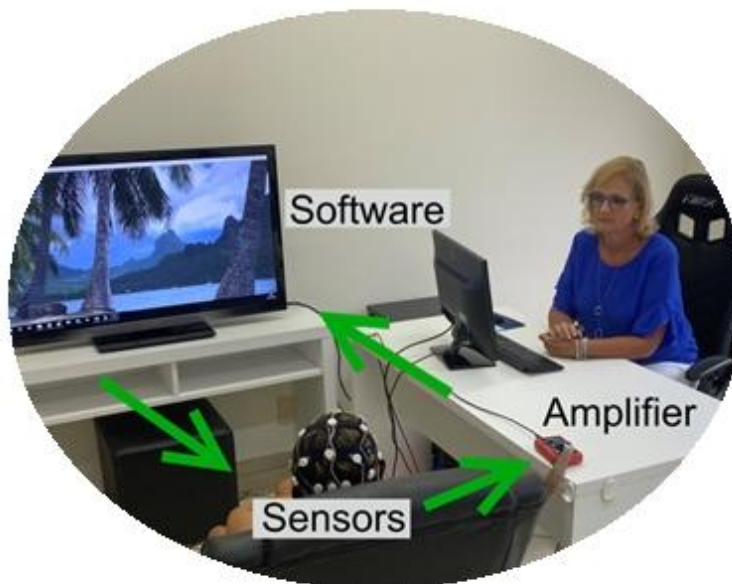
The more salt in the solution, the better the signal is conducted. Heating the water first can dissolve the salt faster and will slightly increase the amount of salt the solution will take before saturation.

Cool if necessary and pour the solution into a covered container where the electrodes can be placed as well until ready for use.



A view of the feedback system

Software processes brain signal on the computer and gives visual or sound feedback



Amplifier
sends brain signal
to computer



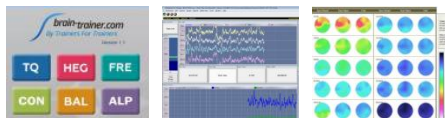
Sensors send signal from brain to amplifier

Terminology

Amplifier / Biofeedback device -



Application / app (software program) -



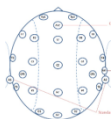
Covers (electrode covers) -



Dongle (software key) -



EEG sites -



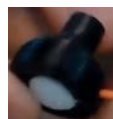
Electro-Cap (discontinued) -



Electrodes (EEG) -



Electrode assembly (electrode, cover & sponges together) -



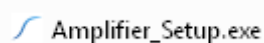
Hasp dongle (old BioExplorer software key) -



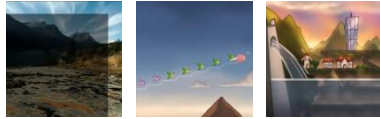
Headband / Headset (HEG) -



Installer / setup file -



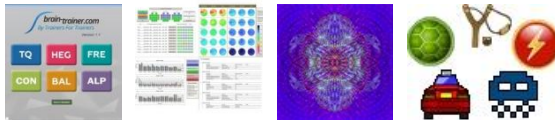
Module / Plug-in -



Sensors -



Software -



Sponges (conductive sponges) -



TC26 / EEG cap -



Unzipped (extracted) file -



Zip(ped) file (compressed file) -

