# Putting On the Sensors

**1** Before starting, have the following items handy- paste, tissues and/ or babywipes

2 Find the zAmp and separate the right and left sensors
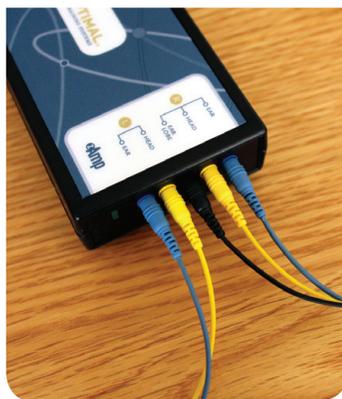
3 Place the zAmp in a comfortable spot. Hooked onto the front or back of a shirt or the chair is common. Drape the left and right side sensors over the corresponding shoulders.
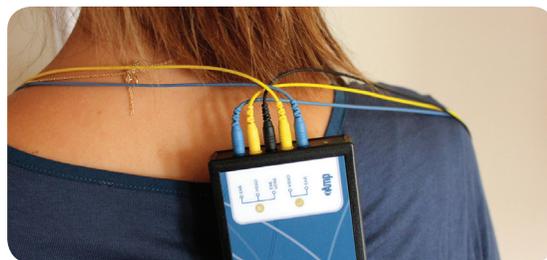
4 We'll first hook up the right side. Squeeze open the right blue clip

5 Scoop or squeeze paste onto sensors so the paste resembles an ice cream scoop on both sides, without touching the paste with your fingers

6 Squeeze the clip onto the top of the right ear (some paste should ooze out, forming a ring)

RIGHT EAR

7 Apply paste in the same way to the black sensor clip, and gently squeeze onto the ear lobe. No need to remove earrings, just make sure the paste is not touching them. It is ok to adjust clip positioning to work around them

RIGHT EAR
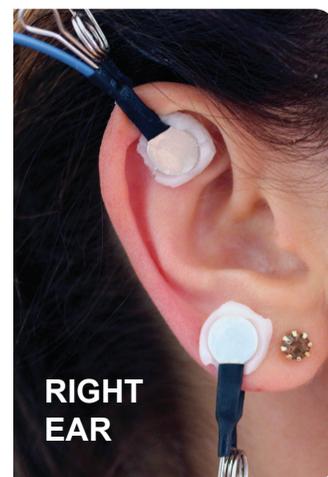
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8 Pick up the yellow sensor and fill it with an ice cream scoopful of paste (be generous)

9a If you slide your fingers over the scalp at the halfway point between the top of the ear and the top of the head, you will feel a bump with a dip right above it

9b That dip is your spot. If you can't find a bump/dip, apply the sensor to the halfway point between the top of the ear and the top of the head

10 Cleanly part the hair exposing the scalp and press the sensor down firmly so a ring of paste forms. A good way to know it is attached correctly is if it feels cool on the scalp

11 Now hook up the left side similarly, attaching the blue clip to the top of the ear (the same way you did on the right side)

LEFT EAR

12 Find the dip above the midpoint between the top of the ear and the top of the head on the left side...

13 ••• and place the yellow sensor of the left side of the head (mirroring what you did on the right)

14 Well done! You are now ready to start your Session

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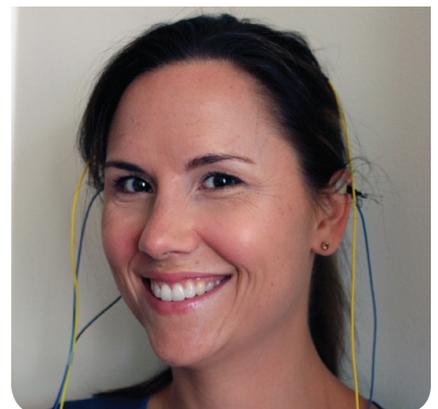
What if I apply the sensors to the wrong place?

NeurOptimal uses C3 and C4 - ie: the midpoints on each side of the head between the top of the ear and the top of the head. If you get them close to those points, then there is no "wrong place".

1 When done, remove each sensor, trying to keep the paste clear of the hair as best you can. TIP! Unhook the zAMP's USB cord and go to the mirror to get a better view when removing the sensors. Be sure to clean the sensors of all paste with a wipe or tissue. The paste removes easily with water.

2 To close NeurOptimal® Tap the "x" at the top right of the VAULT. To shut down your system, tap the Windows icon on the lower left of your screen and shut down from there.

NOTE: It might seem challenging at first, but soon you will be able to do a hook up on yourself in less than a couple of minutes.

Visit the Video Tutorials section found in the NeurOptimal® program by tapping and holding the Tools icon to watch videos.

TIPS on preserving the integrity of the sensors:

1 Make sure you clean your sensors gently yet thoroughly immediately after you have finished each Session. We recommend using baby wipes or placing under running hot water (be sure to thoroughly dry once clean). Any lingering paste can cause corrosion and will reduce the lifespan of your sensors.

2 Do not soak in water.

3 When scooping paste put your forefinger on the back of the cup for support, preventing bending and possible sensor damage.

4 Do not kink, braid or wind your sensor wires tightly.

Touch and Hold:

1 Touch the screen, leave your finger on it for a moment and then release. This will bring up a menu of actions that can be taken from there. This is the equivalent of a right click on a mouse.

Client	Session	Professional
Digit, Al		
	December 12, 2017 10:59	
	December 04, 2017 12:19	
	November 11, 2017 12:5	
	October 23, 2017 12:13 F	
	June 02, 2007 04:00 PM	
	April 26, 2007 06:35 AM	
	October 24, 2006 07:59 F	

Legend:
- Archive
<> - Dustbin
o - No Sessions

All A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

< CLICK ON "X" TO CLOSE PROGRAM

< TOUCH AND HOLD THE TOOLS ICON TO VIEW VIDEOS