

Mood, Emotion, & Development Lab

EEG PREPARATION GUIDE

Thank you for participating in an EEG study with the MED lab! We are grateful for your time and look forward to meeting you in person. EEG (or electroencephalogram) is a way of measuring brain responses using sensors in a stretchy cap (like a swim cap!) placed on the scalp. We will use an applicator to gently move the hair below the sensors out of the way and apply a salt-based gel to the surface of your scalp. Once the cap is in place and we have a good signal, you will complete some games on the computer while brain responses are recorded.

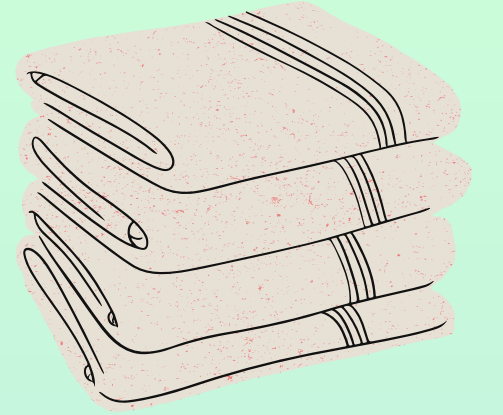


Here are some instructions to help you prepare for your visit:

1. Please arrive with clean and dry hair. Try to avoid using hair products before your EEG, particularly products directly applied to the scalp.
2. If you use contacts, we suggest wearing glasses during the computer games to reduce eye irritation and movements. You are also welcome to bring eye drops to keep your eyes moist.
3. Wear comfortable clothes in washable fabrics in case any gel gets on your clothes.
4. After the EEG, you will have gel throughout your hair and will need to shampoo thoroughly within 24 hours. If you are visiting our lab, we will have a space for you to wash your hair before leaving if you would like.
5. After the EEG, you may want to deep condition your hair since the gel can be drying.



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We recognize that different hair types have different needs and care routines, and we are happy to work with you on a plan that fits your hair. For example, we can schedule your EEG appointment around your typical haircare routine (e.g., wash day or when your current style is being undone for a new one). If you have recently had your hair styled and need to reschedule your appointment, please let us know.

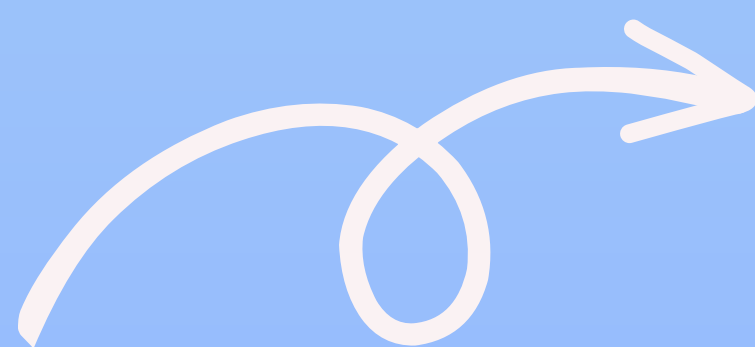
Here are some recommendations for hair preparation depending on your hair type:

(adapted from <https://hellobrainlab.com/research/eeg-hair-project/>)

If you have curly hair (low to medium density), we recommend washing your hair 1-2 days before the EEG. On the day of the visit, we suggest detangling and dampening your hair with water and/or leave-in conditioner on the ends before styling into a braided crown, tight low bun, braided pigtails, or 2-strand twists. We may need you to loosen your hairstyle to help with the fit of the cap.

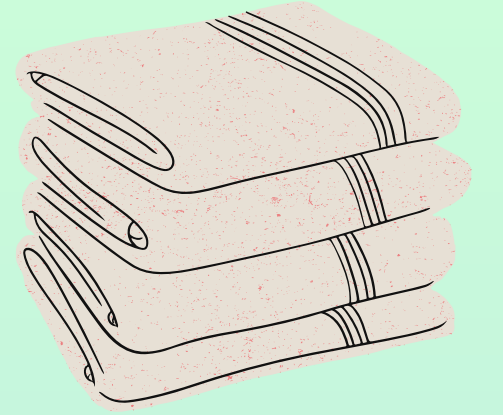


If you have tight curls or coily hair (high density), we recommend washing your hair 1-2 days before the EEG. We suggest detangling and dampening your hair with water and/or leave-in conditioner on the ends before styling into a tight low bun, 2-strand twists, or flat cornrows. Try to split your hair down the middle to provide as much access to the scalp as possible, especially along the midline. We may need you to loosen your hair style in some places to help with the fit of the cap.





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If you have locs, we recommend scheduling the EEG right before a retwist. Before the EEG, wet the roots of your hair and flatten slightly with a wrap while your hair dries. Be sure that your hair dries completely before the EEG.



If you have straight or wavy hair, we recommend washing your hair the day before the EEG. Brush or comb your hair and scalp thoroughly the day of the EEG and arrive with your hair down or in a tight low ponytail or bun.

