

Preparing for an EEG visit

Thank you for your interest in participating in an EEG study with the Justus lab!

To help prepare you for your in-person session, here is some information regarding EEGs and some preparation for the EEG session.



EEG stands for electroencephalogram. It is a way of measuring brain activity by using sensors, called electrodes, in a cap that is similar to a swim cap. The electrodes should be positioned directly on your scalp to achieve the best signal. We will put this cap on your head and apply a salt-based gel to each of the electrodes. While applying the gel, we will try to move any hair out of the way from below the electrodes, so they can sit directly on your scalp. Once the cap is in place, and we have a good signal, you will complete some tasks on the computer while your brain activity is recorded.

Some things to know before your visit:

1. Please arrive with clean hair, free on any products, particularly products applied directly to the scalp.
2. Please wear washable fabrics, in case any of the gel gets on your clothes.
3. After the EEG, you will have some gel in your hair. You will be offered a new comb (which you can keep) and directed to the bathrooms in the facility if you would like to comb or wipe the gel through your hair. You may wish to bring a hat, hair covering, or hair tie to help conceal the gel when you leave our lab.
4. If you have any kind of added hair (real or synthetic), we suggest that you remove any wigs, weaves, or extensions that may be in the way of your scalp prior to your session, if you are comfortable doing so.