

Protocol	Location of the head electrode	Simplified* formula of the target variable	Reinforced band (Hz)	Suppressed band (Hz)‡	Default session time (min.)	Range of effects	Remarks
Depth	C _Z or P _Z	relative† level in high Theta / low Alpha band	6-9	3-5.5	45	<ul style="list-style-type: none"> • deep relaxation • mind/body integration • self-regulation • well-being • meditation • hypnagogic imagery 	Especially good, when you fill exhausted or disregulated. Session is done with closed eyes, maybe additionally covered with hand; or in dimmed place. You can lie down. Good time may be the middle of daily activity. The same protocol can also be helpful in classical meditation.
Alpha-theta	P _Z or C _Z	relative levels in Alpha and Theta bands (two target variables)	5.5-8, 8-11	3-5.5	45	<ul style="list-style-type: none"> • visualization • meditation • creativity • enhanced art performance • inner awareness • access to normally unconscious contents • recovery from trauma or addictions • mind/body integration 	Session is done with closed eyes, usually reclining or with meditative posture. Recommended in periods, when you face some psychological challenge. Or regularly, for better performance and/or as a support for meditation.
Relax	P _Z or C _{PZ}	relative level of the Alpha waves	8-11	-	30	<ul style="list-style-type: none"> • general mental relaxation • immunity to stress • reduction in stress effects • freedom from fear • creativity • memory 	Best in the afternoon. Session is done with closed eyes. Recommended especially, when you are feeling burn out, overloaded, you are experiencing "races of thoughts", you are feeling anxious or annoyed. Also when you face creative challenges.

Focus	P _Z or C _{PZ}	relative level of waves from the upper Alpha subband	10-13	-	15	<ul style="list-style-type: none"> • concentration (focus) • psychological endurance • freedom from fear and stage fright • self-confidence • self-awareness • memory • response time 	Particularly adequate before public speeches, important meetings, sports achievements. (Also recommended for situations aforementioned for the RELAX protocol.)
Peak	C _Z , C _{PZ} or C ₄	relative level of SMR waves	12-15	-	10	<ul style="list-style-type: none"> • psychophysical integration • emotional intelligence • sensual sensitivity • response time • precision • self-control • bright mood 	Recommended among other things before negotiations, as well as artistic performances, for improvement in mood and interpersonal relations.
Attention	C _Z or C _{PZ}	quotient of the SMR and the Theta levels	12-15	4-8	10	<ul style="list-style-type: none"> • attention • reduced number of errors • perceptiveness • efficiency of learning • making decisions. 	Good especially for learning or study, or before long periods of driving.
Energy	C ₃	relative level in 15..18Hz band	15-18	-	6	<ul style="list-style-type: none"> • alertness • attention • energy • clarity • concentration on surroundings 	Best in the morning, when a lot of matters await you.

* Simplified formulas of the target variable, for general orientation. There may be scale coefficients etc.

† Amplitudes in above specified bands are related to total amplitude in band 4-28Hz.

‡ For all protocols, excessive levels in bands 1-4 and 20-28Hz additionally block feedback signal.