



Brain SPA Neurofeedback Report

Neuro-performance assessment

DATE	SESSION DURATION	ASSESSMENT ID
Jul 12, 2026	20 min	BS_0132

Angelina · Session 1

NEURALITY SCORE

81 / 100

Balanced State

Your brain demonstrated a healthy balance between calmness and active mental processing.

NEURALITY BREAKDOWN

Calm Score

Ability to achieve and maintain a calm mental state.

82 / 100

Mind Score

Ability to maintain stable attention and controlled mental activity.

80 / 100

Stillness Score

Ability to maintain physical and mental steadiness.

78 / 100

BRAIN STATE DISTRIBUTION



Calm	11:25	57%
Neutral	05:42	29%
Active	02:53	14%

BRAIN ACTIVITY GRAPH



Captured brain-state chart from this session.

BRAIN ACTIVITY TIMELINE

00:00–02:53	Active
02:53–08:35	Neutral
08:35–20:00	Calm

BRAIN WAVE INTERPRETATION

During calm phases, Alpha and Theta activity predominated, indicating a relaxed and internally focused state. Beta and Gamma activity reduced progressively as the session advanced, reflecting improved regulation and mental settling.