INDIVIDUAL CASE REPORT | n = 1

Sleep, focus and everyday mental effort

Brain fatigue | Individual case report

A case exploring reported changes in sleep, mood and learning comfort alongside EEG monitoring.

41-year-old woman

20 PBM sessions

Before / after qEEG

REPORTED EXPERIENCE

After 20 sessions, the author reported better sleep, a calmer mood and less stress while the participant studied English. The report also describes improvement in brain fog and learning comfort. No numerical symptom scores were supplied.

THE OBSERVED COURSE

The source presents a staged approach addressing alpha activity and frontal and temporal slowing. It includes five protocol images; exact treatment dates, session frequency and a complete dose schedule are not specified in the reviewed text.

WHAT THE EEG ADDED

The author described improved left-temporal slowing around 7 Hz, reduced associated beta activity and less excessive gamma activity, with residual activity at Pz.

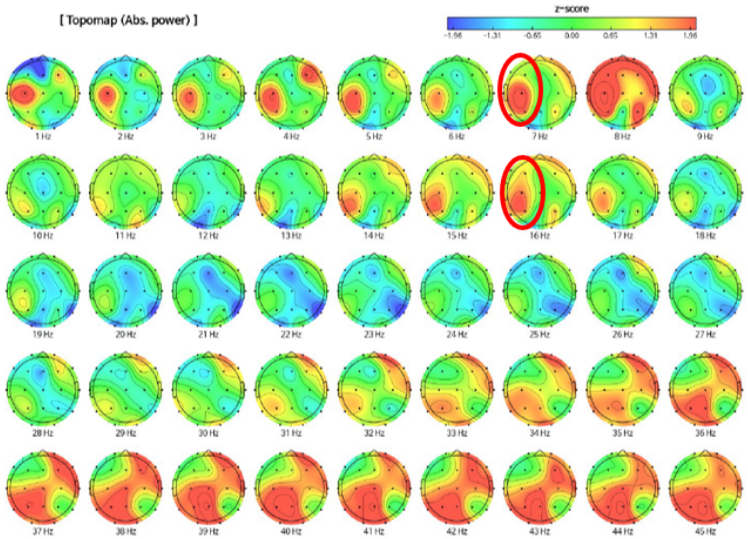
HOW TO READ THIS CASE

This is an uncontrolled observation. Sleep, fatigue and cognitive outcomes were not quantified with standardized scales. EEG changes do not by themselves establish improved cognition or prove a PBM effect.

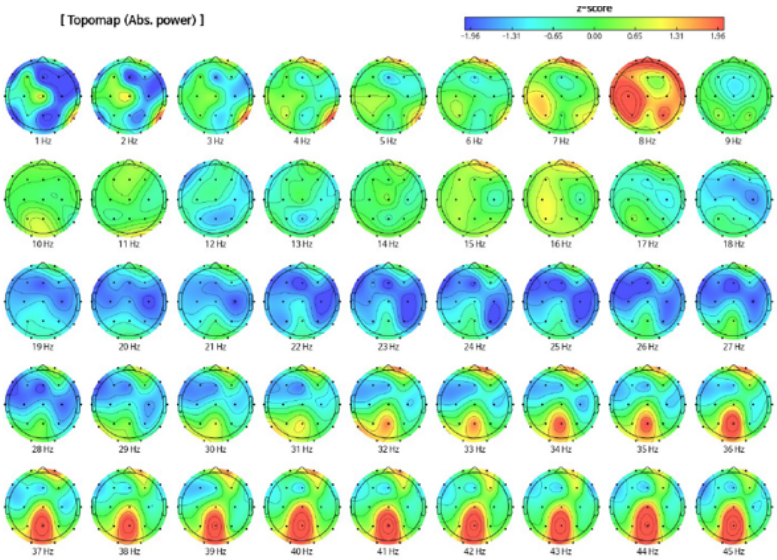
Regulatory context: The PBM functionality discussed here is not FDA-cleared. These observations do not establish a treatment indication for the condition described. This material is not a treatment recommendation.

The source evidence

Original case figures - reproduced without changing the underlying data



Before: original absolute-power topomaps, including the source annotations.



After: original absolute-power topomaps. The author describes improvement with residual gamma activity at Pz.

SOURCE & CONTEXT

Adapted from IQPA Community Case Series, CASE-2026-HBIXBM. Reviewed November 6, 2026. Figures and observations are from the original case report; no patient outcomes have been generated or estimated.

Read the original IQPA case report | Explore iMediSync

PBM is not FDA-cleared. Individual case observations do not establish safety or effectiveness.