

# EEG COMPATIBLE HAIRSTYLE GUIDEBOOK

Since EEG needs a good connection with your scalp to “hear” your brain’s electrical signals, hairstyles can affect how well we can measure your brain’s signal. Ideally we will schedule your visit as close to your hair wash day as possible, since this helps the EEG “hear” better. We understand this is not always possible, and that is ok! As for you and your child’s hairstyle, we can work with most hairstyles! We don’t expect for the EEG net to mess up your hairstyle, but it may add some static to your hair. Because of this, we would prefer to schedule your visit between hairstyles (e.g., right before braiding). We have a “hair bar” with products to help you and your child style your hair after your visit.

The hairstyles below are compatible with our EEG caps



## LOW BUNS & PONYTAILS

## BOX BRAIDS, TWISTS & LOCS



## CORNROWS



## LOOSE/ NATURAL HAIR



The hairstyles below are **NOT** compatible with our EEG caps

## WIGS & WEAVES

If you have any questions, please reach out to the COPE Study Team at 445-284-0972 or [kindlab@chop.edu](mailto:kindlab@chop.edu)  
Study Website: [thekindlab.org](http://thekindlab.org)

# WHAT IS EEG?

EEG measures brain activity to look at how brains are working and growing.

Specifically, in the KIND Lab, we are interested in EEG to look at how brains grow over time and to see how people make decisions and process emotions.



EEG involves placing a soft, stretchy cap on the head. The EEG net has little sensors that are placed on your head to measure electrical signals from your scalp. We think of these as little microphones that listen to your brain!

The EEG cap is safe to wear and does not send anything into the brain.

Before use, the EEG cap is soaked in a mild saltwater with a little bit of baby shampoo. Typically, you will not need to wash your hair after the visit, but some people might experience mild itching.

