


LET'S DISCOVER OUR BRAIN WITH EEG

Electroencephalography



WHAT IS AN ELECTROENCEPHALOGRAPH (EEG)?

1 An EEG is a tool that measures the **electrical activity** of our brain,  similar to small waves.

2 This consists of placing a cap on the head. The cap contains small sensors that capture the electrical signal of the brain. These sensors are called "**electrodes**" and are connected to a computer by several wires. Rest assured, it **does not hurt at all!**



3 But why does our brain produce **electrical activity**?

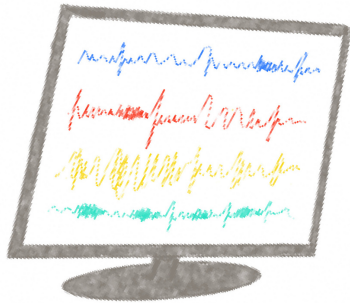
The brain is made up of many **neurons**.

These are the brain's **messengers**.



4 When neurons send a message to other neurons, they send an **electrical signal**.





5 EEG does nothing more than measuring the **electrical signal** produced by the brain when we do **activities**: when we talk, when we exercise and even when we sleep! Nothing is sent to the brain. We only measure what is present, like we measure temperature with a thermometer.