

Types of Brainwaves

Beta Brainwaves 14-40Hz — Awake Conscious & Reasoning

Beta brain waves are associated with normal waking state and a good sense of alertness, logic and critical reasoning.

Beta brain waves are important for **effective functioning throughout** the day, they can lead to stress, anxiety and overthinking.

Alpha 7.5-14Hz — Deep Relaxation Brainwaves

Alpha brain waves are present in deep relaxation. Typically, when the eyes are closed, it is an optimal time to program the mind for success.

Alpha brain state allow access to greater imagination, memory, learning and concentration.

Theta 4-7.5Hz — Deeper Meditation, Approaching Sleep

Theta brain waves are present during light sleep, including the all-important REM dream state. It is the realm of your subconsciousness and only experienced momentarily as you drift off to sleep from Alpha and wake from deep sleep (from Delta).

Your mind's most deep-seated programs are at Theta and it is where you experience vivid visualizations, great inspiration, profound creativity and exceptional insight.

Delta 0.5-4Hz — Deep Sleep and Restful Slumber

The Delta frequency is the slowest of the frequencies and is experienced in deep, dreamless sleep.

Gamma 40Hz) and Higher – Insight and Information Processing

This range is the most recently discovered and is the fastest frequency at above 40Hz. While little is known about this state of mind, initial research shows Gamma waves are associated with bursts of insight and high-level information processing.