

- * Delta (0.5-4Hz). Primarily found during deep sleep; when present in the awake state it can indicate a brain injury.
- * Theta (4-8Hz). Normally seen during hypnagogic states (waking up/falling asleep); also important to memory consolidation. When in theta, thinking is image-based and creative-intuitive.
- * Alpha (8-12Hz). A relaxed alert state, mental stillness, pure awareness without processing. In adults alpha is usually around 10Hz (lower in children).
- * SMR/LoBeta (12-15Hz). Physical stillness, body presence. Body often feels heavy and warm, low muscle tone. (note SMR refers for "sensori-motor rhythm" and is used less often than it was)
- * Beta (16-20Hz). Detail-oriented processing. Language, logical-rational thought.
- * Beta2 (20-24Hz). Extreme engagement, highly focused, curious; may be experienced as anxiety.
- * Hibeta (23-38 Hz). Hyper-vigilance; extreme anxiety; generally relates to PTSD or abuse history
- * Gamma (38-40Hz). Integrative/binding frequency found in all areas of brain.