

# BRAIN WAVE FREQUENCIES

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(0.5 - 3Hz) 0.5Hz - 4Hz (Delta) 1 - 2 Hz  
Deep sleep / unconsciousness.

(3.5 - 7.5Hz) 5Hz - 8Hz (Theta) 4 Hz  
Deep relaxation, light sleep.  
Associated with deep meditative states and 'flashes of inspiration'.

(7.5 - 13Hz) 9Hz - 14Hz (Alpha) 8 Hz  
Relaxed but aware (meditation) or hypnogogic state.  
Associated with suggestibility, increased learning ability and beneficial neurochemical changes.

(>= 14Hz) 15Hz - 20Hz (Beta) 18 Hz  
Normal focused awareness.  
Associated with conversation, complex tasks and problem solving.

(40Hz) >20Hz (Gamma) 40 Hz  
High level of arousal, e.g., when facing perceived danger or threat.  
Subjective time is often slowed down when the brain is operating in this fast state.

End

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