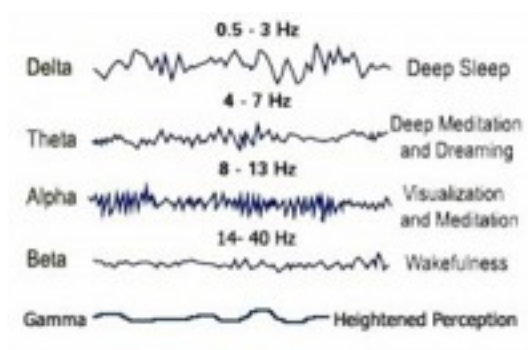


Brain Waves



Brain Wave	Frequency	Characteristics
Delta	0.5-3 Hz	Predominant in sleep Should be low while awake High delta can interfere with emotional or cognitive processing
Theta	4-7 Hz	Pre-sleep, trance Inattentive Distractible Lack of focus
Alpha	8-13 Hz	Relaxed Effortless Alert Flowing In the "zone"
Beta	14-38 Hz	Active, external attention Enhanced cognitive processing Improved concentration, Attentive, hyper-focus Body tension Excited / anxious / stress
Gama	39 + Hz	Heightened perception High states of arousal