







	BRAIN WAVE	FREQUENCY	BRAIN STATE
		Delta (0.3 - 4Hz)	<ul style="list-style-type: none"> • Dreamless sleep • Access the subconscious • loss of bodily awareness
		Theta (4 - 8Hz)	<ul style="list-style-type: none"> • Inner peace • REM sleep • Deep meditation
		Alpha (8 - 13Hz)	<ul style="list-style-type: none"> • Creativity • Flow state • Focus
		Beta (13 - 30Hz)	<ul style="list-style-type: none"> • Concentration • Arousal • Alertness
		Gamma (30Hz and above)	<ul style="list-style-type: none"> • Multi-processing