

	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