**FUNDAMENTALS OF EEG MEASUREMENT**

**Brain waves classification:-**

1. Alpha (8 - 13 Hz) :- It is observed better in posterior and occipital regions with typical amplitude about 50 muV.

Alpha activity is induced by closing the eyes and by relaxation and abolished by eye opening or alerting by any mechanism.

1. Beta (>13 Hz) :- During normal state of wakefulness with open eyes beta waves are dominant.
2. Theta (4 - 8 Hz) :- Theta frequencies become more prominent with increasing task difficulty. THis is why theta is generally associated with brain processes underlying mental workload or working memory.
3. Delta (0.5 - 4 Hz) :- They are usually only present during deep non-REM sleep, also known as slow wave sleep.