

Gamma
(>30 Hz)



Awareness

These brainwaves are dominant at times of intense focus, like when you're trying to solve a problem.

Beta
(13-30 Hz)



Alertness

Beta waves are dominant during instances of problem-solving, judgment, decision-making, or any other focused mental activity.

Alpha
(8-12 Hz)



Relaxed

Alpha waves are typically dominant during meditative and mindful activities and represent non-arousal.

Theta
(4-7 Hz)



Tired

These waves are dominant during "autopilot" states, or, in other words, instances of automatic tasks and sometimes in deep meditative states.

Delta
(1-3 Hz)



Sleep

Delta waves are amplified in deep meditation and dreamless sleep.