

The information below shows the effects of specific frequencies within each brainwave frequency range.

Delta BrainWaves (0.5 to 4Hz)

- 0.5 Hz ▶ Relaxation, helps soothe headaches
- 0.5 - 1.5 Hz ▶ Pain relief. Endorphin release
- 0.9 Hz ▶ Euphoric feeling
- 1 Hz ▶ Wellbeing. Harmony and balance
- 2.5 Hz ▶ Production of endogenous opiates (pain killers, reduce anxiety)
- 2.5 Hz ▶ Relieves migraine pain. Produces endogenous opiates
- 3.4 Hz ▶ Helps achieve restful sleep
- 3.5 Hz ▶ Feeling of unity with everything. Whole being regeneration
- 3.9 Hz ▶ Self renewal, enhanced inner awareness
- 4.0 Hz ▶ Enkephalin release for reduced stress
- 4.0 Hz ▶ Allows brain to produce enkephalins, all natural pain killer
- 4.0 Hz ▶ Full memory scanning. Releases enkephalins
- 4.0 Hz ▶ Vital for memory and learning. Problem solving, object naming
- 1 - 3 Hz ▶ Profound relaxation, restorative sleep. Tranquillity and peace

Theta BrainWaves (4 to 8 Hz)

- 4.9 Hz ▶ Induce relaxation and deeper sleep
- 4.9 Hz ▶ Introspection. Relaxation, meditation
- 5 Hz ▶ Reduces sleep required. Theta replaces need for extensive dreaming
- 5.35 Hz ▶ Allows relaxing breathing, free and efficient
- 5.5 Hz ▶ Inner guidance, intuition
- 6.5 Hz ▶ Centre of Theta frequency. Activates creative frontal lobe
- 7.5 Hz ▶ Activates creative thought for art, invention, music. Problem solving
- 7.5 Hz ▶ Ease of overcoming troublesome issues
- 7.83 Hz ▶ Schumann earth resonance. Grounding, meditative, Leaves you revitalized
- 3 - 8 Hz ▶ Deep relaxation, meditation. Lucid dreaming
- 3 - 8 Hz ▶ Increased memory, focus, creativity
- 4 - 7 Hz ▶ Profound inner peace, emotional healing. Lowers mental fatigue
- 4 - 7 Hz ▶ Deep meditation, near-sleep brainwaves.

Alpha BrainWaves (8 to 13Hz)

- 8- 10 Hz ▶ Super-learning new information, memorisation, not comprehension.
- 8.22 Hz ▶ Associated with the mouth. Brings creativity
- 10 Hz ▶ Enhanced serotonin release. Mood elevation, arousal, stimulant
- 10 Hz ▶ Provides relief from lost sleep, improves general mood
- 10 Hz ▶ Mood elevator. Used to dramatically reduce headaches
- 10 Hz ▶ Clarity, subconscious correlation. Releases serotonin
- 11 Hz ▶ Relaxed yet awake state
- 12 Hz ▶ Centering, mental stability.
- 11 - 14 Hz ▶ Increased focus and awareness
- 12 - 14 Hz ▶ Learning frequency, good for absorbing information passively

Beta BrainWaves (13 to 30Hz)

- 14 Hz ▶ Awakeness, alert. Concentration on tasks, Focusing, vitality.
- 16 Hz ▶ Bottom of hearing range. Releases oxygen/calcium into cells
- 12 - 15 Hz ▶ Relaxed focus, improved attentive abilities
- 13 - 27 Hz ▶ Promotes focused attention toward external stimuli
- 13 - 30 Hz ▶ Problem solving, conscious thinking
- 18 - 24 Hz ▶ Euphoria, can result in headaches, anxiety.