

Gamma waves



Heightened awareness, intense concentration, learning, insightful, peak focus, expanded consciousness

Awake

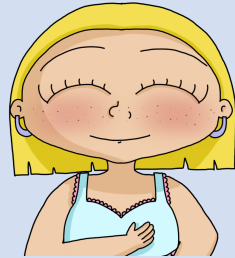
Beta waves



Alert, problem solving, awake, engaged, concentrated, thinking, most common daytime brain waves, during cognitive tasks

Awake and REM

Alpha waves



Relaxed, reflective, awake, recharging, meditative, creativity, more dominant with eyes closed, visualisation

Awake, light sleep/stage 1 sleep, REM

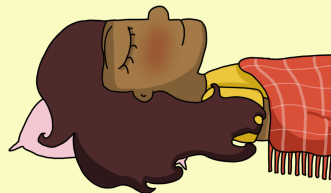
Theta waves



Meditative, creative, drowsy, tired, reduced consciousness, dreamy, light sleep, auto-pilot, information processing, memories, intuition

Stage 2 sleep, meditation and some in stage 1 sleep, REM

Delta waves



Deep sleep, loss of bodily awareness, restoring, healing

Deep sleep/ stage 3 sleep