

# File:BF TABLE 1.png

DELTA	< 4 Hz	Deep sleep, pathological when in an alert state
THETA	4 - 8 Hz	creativity, falling asleep, pathological in adults when in an alert state, normal in kids
ALPHA	8 - 13 Hz	normal in an alert state with open and closed eyes, relaxation
BETA	13 - 30 Hz	normal in an alert state with open eyes, concentration, logic – analytical thinking, unrest,
GAMA	> 30 Hz	extreme concentration, deep meditation

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**Description**  
BF TABLE 1

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**Source**  
Own work


**Date**  
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