



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

YourBodyCanTalk2@Gmail.com

www.YourBodyCanTalk.com

Brainwave Frequencies for Different States of Consciousness

AWAKE	Non-REM Stage 1	Non-REM Stage 2	Non-REM Stages 3&4	REM SLEEP
Full Alertness	Transitional stage between Wakefulness and Sleep	“True” Sleep	Minimal Alertness and Activity	Rapid Eye Movements Muscles stationary
Faster, irregular brainwaves of lower voltage	Reduced Alertness	Alpha Waves diminish	Slow, Regular brainwaves of higher voltage	Fast, Irregular brainwaves as in awake state
<ul style="list-style-type: none"> • Faster Beta Waves in <i>active</i> waking • Slower Alpha Waves in <i>quiet</i> waking (eyes closed) 	Alternates between Alpha and Theta Waves	Brain slows down, predominately Theta Waves	Difficult to Awaken	Dreaming
Information placed in short-term memory	Drifting off	“Spindles” increasingly synchronize brainwaves	Synchronized brain activity	Information now placed in long-term memory
Lasts about 16 hours	Lasts about 5 - 10 minutes	Lasts about 30 - 60 minutes	Occurs primarily in <i>first</i> half of the night	Occurs primarily in <i>second</i> half of the night
BETA WAVES 13 - 30 Hz <i>Fastest, Most Active</i>	ALPHA WAVES 9 - 12 Hz <i>Relaxing, Meditative</i>	THETA WAVES 4 - 8 Hz <i>Slower, More Restful</i>	DELTA WAVES 0.5 - 3 Hz <i>Slowest, Most Restful</i>	BETA WAVES 13 - 30 Hz <i>Fastest, Most Active</i>