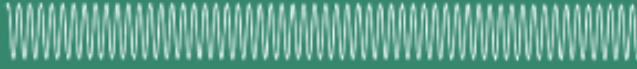


Gamma Waves (30-100 Hz)		Insight Learning Problem Solving
Beta Waves (12-30 Hz)		Active thinking Alertness Scrolling
Alpha Waves (8-12 Hz)		Relaxation Meditation Lucid awareness
Theta Waves (4-8 Hz)		Daydreaming Intuition Creative thinking
Delta Waves (0.5-4 Hz)		Deep sleep Recovery Unconsciousness

- **Gamma Waves (30-100 Hz):** A state of hyper-focus, engagement, and peak performance. Triggered by activities such as learning, problem-solving, and critical thinking.
- **Beta Waves (12-30 Hz):** A state of alertness, focus, and mental processing ranging from low to high frequencies. Triggered by activities such as conversation, working, problem-solving, or using your phone. Also prominent during periods of stress.
- **Alpha Waves (8-12 Hz):** A relaxed but alert mental state, leaving space for creativity and reflection. Triggered by activities like creative visualization, meditation, yoga, or deep [breathing exercises](#), prompting a sense of mental clarity.
- **Theta Waves (4-8 Hz):** A deeply relaxed mental state associated with deeper levels of the subconscious, and a path to creative intuition. Triggered by activities like deep meditation, REM sleep, visualization, lucid dreaming, and hypnosis.
- **Delta Waves (0.5-4 Hz):** Deep, recovery sleep and restoration of mind and body. Delta waves are thought to play a role in processes such as tissue repair, muscle growth, and the release of growth hormones.