

# Brain Function: Beta, Alpha, Theta, and Delta

## **BETA**

15-40 cps

Reactionary Mind, Alertness,  
Concentration, Cognition

## **ALPHA**

8-14 cps

Intuitive Mind, Relaxation, Visualization,  
Creativity

## **THETA**

4-7 cps

Inventive Mind, Meditation, Intuition,  
Memory

## **DELTA**

0-3 cps

Unconscious Mind, Healing, Sleep,  
Detached Awareness