

Your brain image:

What does it mean?

The **GAMMA** brainwave (> 30Hz or 30 cycles per sec)

Colours: Blue, purple, pink & red meshing together as white.

The fastest wave & comes when a person is concentrating deeply. Gamma corresponds to

a state of peak performance & high excitement. Elite athletes, performers & high achievers all produce far more gamma waves than average. It is the wave of 'flight or fight' & high information processing. Gamma is where many waves work together to form a **white colour**.

The **BETA** brainwave (12-30Hz).

Colours: BETA waves are a blue to purple in colour.

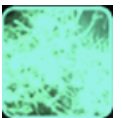
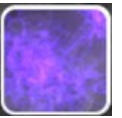
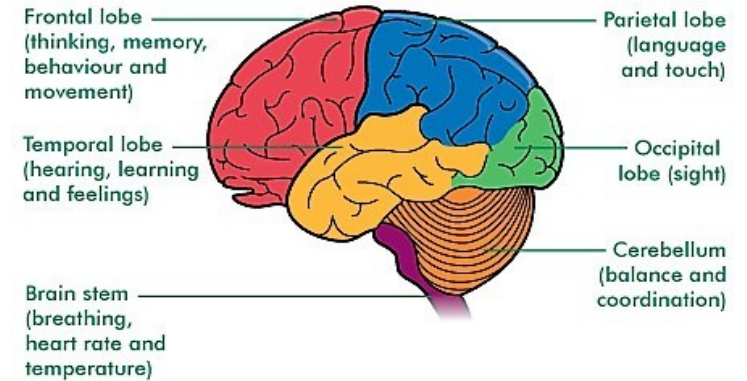
Fast waves produced usually when someone is wide awake & concentrating or multi-tasking. Some people lack sufficient beta activity, which can cause some types of ADD. Other disorders like ADHD, anxiety or depression are often due to too much BETA activity (overthinking / OCD). Beta is **NOT** a good learning or memory wave. When using the MINDZ headset you will probably have lots of purple-blue BETA.

The **ALPHA** brain wave (7.5-12Hz).

Colours: ALPHA wave activity is light blue/teal green in colour.

These are present when you are relaxed yet still alert to what is happening around you. You may be slipping into a daydream or just sitting quietly. They usually occur in the Occipital Lobe (the back part of the brain) & are very important in visual processing.

When you get up in the morning & just before sleep you are naturally in this state. Repetitive exercise can also produce them. It is a good state for learning as your memory is active. You probably **won't** show much ALPHA when using the MINDZ headset as the unusual surroundings and the sound around you make you less relaxed.



The **THETA** brainwave (4-7Hz).

Colours: THETA wave activity is brown-orange in colour.

These occur in daydreaming but also in meditation & focussed attention. They originate in the hippocampus (deep inside the brain). They are very concerned with **memory & especially the formation of new memories & navigation**. **A person in Theta is THE MOST receptive to information and learning**. There is a reliable relationship between the size of a person's hippocampus (producing Theta) & memory performance. Poor memory is often related to too much Beta and not enough Theta creation.



The hippocampus has many densely packed layers of neurons & generates very strong EEG signals. These densely packed, memory-rich neurons can **actually be formed** during vigorous, sweaty exercise. While most people using the MINDZ headset will not be relaxed & meditative, they will be paying close attention & will therefore show Theta. Eating, laughing, meditating and exercising produces Theta.

The **DELTA** brain wave (0-4Hz).

Colours: DELTA wave activity is pink-red in colour.

Delta is experienced in deep, dreamless sleep & in transcendental meditation where awareness is fully detached. Among many things, deep sleep is important in healing & regeneration – both physical & emotional. Not having enough deep sleep is detrimental to your health in more ways than one. **No one using the MINDZ headset will show DELTA.**



Mindz Brainplay

Email: questions@mindz.net.au

Web: <http://mindz.net.au/>

Phone: 1300 920 536

Headsets for sale -just ask

Emotive Epoc 14 channel with software **\$849.00**



Neurosky Mindwave: PC (Sichiray) version: **\$189**

Neurosky Mindwave: Bluetooth version (all systems): **\$210**

