

[Delta waves](#) (. 5 to 3 Hz) ...

[Theta waves](#) (3 to 8 Hz) Theta brainwaves occur most often in sleep but are also dominant in deep meditation. ...

[Alpha waves](#) (8 to 12 Hz) ...

[Beta waves](#) (12 to 38 Hz) ...

[Gamma waves](#) (38 to 42 Hz)

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