

FIGURE 2.11 Depiction of Specific Patterns of Electroencephalography Activity

EEG activity is named in terms of its frequency and amplitude. Delta (0–4 Hz) is seen in deep sleep, theta (4–8 Hz) is seen as one goes to sleep, alpha (8–13 Hz) is seen during periods of relaxation, beta (13–30 Hz) is seen when a person is actively thinking, and gamma (about 30 Hz) is seen in perceptual processes.

Source: Hugo Gambo (2005), Wikipedia.

