

Frequency Recommendations for Infrared LED Helmet

- Prevention/General treatment: Continuous = 0 Hz
- Stroke/TBS/Depression: 10 Hz
- Alzheimer's/Dementia: 40 Hz



Orientation on Brain Waves

Delta: 0.1 to 4 Hz

- Delta waves occur in the dreamless deep sleep phase and during deep relaxation
- Contribute to recovery and regeneration

Theta: 4 to 7-8 Hz

- Waves of the subconscious
- Occur in dreams (REM sleep), during creative states, in trance or during hypnosis
- Represent structure, orientation, and the willingness to process incoming signals. They contribute to clear thoughts and better decision-making

Alpha: 8-9 to 13-14 Hz

- State of wakeful relaxation
- Alpha waves represent non-arousal
- Can occur during daydreaming, visualization, or reflection

Beta: 13-14 to 30-38 Hz

- Normal wakefulness that occurs while going about everyday activities (working, reading, running, driving a car, etc.) > External focus/attention
- Beta waves represent arousal and intense neural activity
- Are observed when there is inner restlessness, fear, and stress and when the inner commentator/critic is active

Gamma: \geq 38 Hz

- Gamma waves are observed in highly focused activities with strong concentration (e.g. during problem-solving processes: logical/conscious thinking)
- Are associated with cognition and memory retention
- Can be evoked by focused meditation and are then related to the feeling of contentment, feeling of universal knowledge, loss of the sense of self