

Learn Your Frequencies and Power Ranges

Delta is 2-4Hz and the power is 12u +/- 4u

Theta is 4-7Hz and the power is 10 +/- 4u

Alpha is 8-12Hz and the power is 9u +/- 4u

Low Beta/SMR is 13-15Hz and the power is 5-6 +/- 2u

Mid Beta is 15-20 Hz and the power is 5-6 +/- 2u

High Beta is 20-30Hz and the power is 5-6 +/- 2u