

Type and Range	When It Occurs
Beta Waves 13 - 30 Hz 	While awake
Alpha Waves 8 - 13 Hz 	While relaxed or sleepy
Theta Waves 4 - 8 Hz 	During stage 1 and 2 (light) sleep
Delta Waves 1 - 4 Hz 	During stage 3 (deep) sleep

Sleep Health: How Wearable Tech and Sleep Optimization Strategies Are Changing Recovery



Sleep Optimization Planner

TD Snyder



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Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **Sleep Optimization Planner** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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