

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

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



# Top Sleep Optimization

**Michal Rosen-Zvi**



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