

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

**Gertrude K. McFarland, Elizabeth A.
McFarlane**



Sleep Optimization Planner:

Embark on a breathtaking journey through nature and adventure with Explore with is mesmerizing ebook, Witness the Wonders in **Sleep Optimization Planner** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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