

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

Karna Raju



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the property kyoto is 1 6 mi from saka hotel kyoto while osaka is 26 mi from the property

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it was excellent value more info another c price very expensive japanese kyoto 4 7 k kingfisher1968 asheville western north
carolina 4 reviews

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