What is a Brain Wave? Worksheet Answer Key

Directions

Watch the YouTube video “What do different brain waves mean?” using the link [here](#). Then, answer the following questions the best you can.

For questions 1 – 5, fill in the blanks below.

1. Neuroscientists call brain waves neural oscillations.
2. Frequency is measured in cycles, or the number of times the neurons are firing per second.
3. Generally, the higher frequency the wave, the more alert and awake you are.
4. Different regions of the brain are more commonly linked with certain waves.
5. People with Alzheimer’s don’t seem to use gamma waves as much as the average person.

For questions 6 – 10, circle true or false. If the answer is false, rewrite the statement so that it is true.

6. True/False: When you are in a deep sleep, your brain waves are purely delta waves.
   False. When you are in a deep sleep, your brain waves are mostly delta waves.

7. True/False: Brain waves with slower frequencies tend to have higher amplitudes.

8. True/False: The types of brain waves that dominate your brain can depend on what you’re doing and how you’re feeling.
9. True/False: You can guess when a person opens their eyes based on when their beta waves drop off.
   False. You can guess when a person opens their eyes based on when their alpha waves drop off.

10. True/False: Brain waves containing spikes are tell-tale signs of an aneurysm.
    False. Brain waves containing spikes are tell-tale signs of a seizure.