**What is a Brain Wave? Worksheet**

|  |
| --- |
| **Directions** |
| Watch the YouTube video “What do different brain waves mean?” using the link [here](https://www.youtube.com/watch?v=gvpuOBezW0w). Then answer the following questions the best you can.  |

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

1. Neuroscientists call brain waves \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Frequency is measured in cycles, or the number of times the \_\_\_\_\_\_\_\_\_\_\_\_\_ are \_\_\_\_\_\_\_\_\_\_, per \_\_\_\_\_\_\_\_\_\_.
3. Generally, the \_\_\_\_\_\_\_\_\_\_\_ frequency the wave, the more \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ you are.
4. Different \_\_\_\_\_\_\_\_\_ of the brain are more commonly linked with certain waves.
5. People with Alzheimer’s don’t seem to use \_\_\_\_\_\_\_\_\_ 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.

1. True/False: When you are in a deep sleep, your brain waves are **purely** delta waves.
2. True/False: Brain waves with slower frequencies tend to have **higher** amplitudes.
3. True/False: The types of brain waves that dominate your brain can depend on what you’re doing and how you’re feeling.
4. True/False: You can guess when a person opens their eyes based on when their **beta** waves drop off.
5. True/False: Brain waves containing spikes are tell-tale signs of an **aneurysm**.