What is a Brain Wave? Worksheet

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 _________ ____________________.

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.

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

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