

■ BINAURAL BEATS

Complete Usage Guide — The 5 Brainwave Frequencies

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WHAT ARE BINAURAL BEATS?

Binaural beats are an auditory phenomenon created by presenting two slightly different sound frequencies — one in each ear — through stereo headphones. Your brain perceives the **difference** between these two tones as a third rhythmic 'beat' and **entrains** to that frequency. For example: 210 Hz in the left ear + 200 Hz in the right ear = your brain perceives a 10 Hz beat (Alpha range).

This process of *brainwave entrainment* (also called the Frequency Following Response) allows you to intentionally guide your brain into specific mental states — from deep sleep to peak cognitive focus.

THE 5 BRAINWAVE FREQUENCIES — AT A GLANCE

DELTA	THETA	ALPHA	BETA	GAMMA
0.5 – 4 Hz	4 – 8 Hz	8 – 12 Hz	12 – 30 Hz	30 – 100 Hz (studied at 40 Hz)
Deep Sleep Unconscious Healing & Regeneration	Light Sleep Deep Meditation Creativity Subconscious Access	Relaxed Wakefulness Flow State Calm Focus	Alertness Problem-Solving Decision-Making Active Thinking	Peak Cognitive Functioning Insight Spiritual States Heightened Perception
■ Sleep ■ Trauma Healing ■ Cell Repair ■ Immune Boost	■ Creativity ■ Meditation ■ Intuition ■ Lucid Dreaming	■ Stress Relief ■ Focus ■ Flow ♥■ Heart Coherence	■ Study & Work ■ Exercise ■ Communication ■ Analysis	■ Learning ■ Deep Focus ■ Spiritual ■ Peak Performance

■ THE DO's — HOW TO USE BINAURAL BEATS EFFECTIVELY

- 01 Always Use Stereo Headphones**
Binaural beats **ONLY** work with stereo headphones — one frequency must play in each ear separately. Earbuds or over-ear headphones both work; speakers do not.
- 02 Choose the Right Frequency for Your Goal**
Match the brainwave range to your intention: Delta for sleep/healing, Theta for meditation/creativity, Alpha for calm focus/stress relief, Beta for studying/work, Gamma for peak performance.
- 03 Listen for at Least 15–30 Minutes**
The brain takes approximately 7 minutes to begin entraining to the binaural beat. Sessions of 30+ minutes give the most noticeable and lasting results.
- 04 Find a Quiet, Comfortable Space**
Minimise external distractions. Lie down or sit comfortably. The more relaxed your body, the more effectively your brain can follow the frequency.

05	Keep Volume at a Comfortable Level Set volume to a low-to-moderate, comfortable level — roughly 50–60% of maximum. The beat effect is created neurologically, not by loudness.
06	Stay Consistent with a Daily Practice Regular, daily listening (even 20–30 minutes) produces cumulative neurological benefits. Treat it like a mental fitness routine.
07	Combine with Breathwork or Meditation Pairing binaural beats with deep breathing, pranayama, or mindfulness significantly amplifies the entrainment effect and deepens the experience.
08	Experiment and Track Your Results Try different frequencies and note how each one affects your mood, focus, and sleep. Keep a simple journal to identify which frequencies work best for you personally.
09	Use High-Quality Audio Files Opt for lossless or high-quality audio formats (WAV, FLAC, or high-bitrate MP3). Compressed audio can degrade the carrier frequencies and reduce effectiveness.
10	Hydrate Before Listening Your brain is 73% water. Being well-hydrated enhances neural conductivity and helps your brain respond more efficiently to entrainment.

■ THE DON'Ts — WHAT TO AVOID

01	Do NOT Listen While Driving or Operating Machinery Binaural beats in Delta, Theta, or Alpha ranges can induce drowsiness and altered states. Never listen while driving, cycling, or using heavy equipment — it is dangerous.
02	Do NOT Use Without Headphones Playing binaural beats through speakers defeats the purpose entirely. The two-frequency separation between ears is what creates the effect.
03	Do NOT Use If You Have Epilepsy or Seizure Disorders Rhythmic auditory stimulation can potentially trigger seizures in susceptible individuals. Consult a neurologist before use if you have epilepsy or any history of seizures.
04	Do NOT Use at Full Volume High volumes can damage hearing and cause discomfort or headaches. Keep volume moderate. If you experience ear pain, stop immediately.
05	Do NOT Use During Pregnancy Without Medical Advice The neurological effects of binaural beats on foetal brain development are not fully studied. Pregnant women should consult their doctor before use.
06	Do NOT Use as a Substitute for Medical Treatment Binaural beats are a complementary wellness tool — not a replacement for professional medical, psychiatric, or psychological treatment.
07	Do NOT Expect Immediate Results Some people feel effects in the first session; others need consistent practice over days or weeks. Impatience leads to abandoning the practice too soon.
08	Do NOT Listen When Acutely Ill or Feverish Avoid listening during fever, acute illness, or severe headaches, as altered brainwave states may worsen discomfort in these conditions.

- 09 Do NOT Mix Incompatible Frequencies in One Session**
 Avoid switching between very different frequency ranges (e.g., Delta then Gamma) in the same short session. Stick to one target range per session for best entrainment.
- 10 Do NOT Ignore Discomfort**
 If you experience dizziness, anxiety, nausea, or headaches during or after listening — stop, rest, and reassess. These may signal the frequency or volume is not suitable for you.

QUICK REFERENCE — WHICH BEAT FOR WHAT?

Your Goal	Use This Frequency	Range
Deep, restorative sleep	Delta	0.5 – 4 Hz
Meditation & spiritual connection	Theta	4 – 8 Hz
Creativity & subconscious access	Theta	4 – 8 Hz
Stress relief & relaxation	Alpha	8 – 12 Hz
Calm, focused work or study	Alpha / Low Beta	8 – 15 Hz
Active studying & problem-solving	Beta	12 – 30 Hz
Peak performance & learning	Gamma (40 Hz)	30 – 100 Hz
Lucid dreaming	Theta	4 – 8 Hz
Healing & immune support	Delta	0.5 – 4 Hz

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