

Name:

Date:

Class:

## 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.

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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**.