Boost Your Concentration:

Get into Alpha State

When you think about the word “concentration,” what images come to mind? Whatever you pictured, it probably didn’t look like this:

![Alpha Brainwave Image]

The image above represents an alpha brainwave. Scientists use a machine called an electroencephalograph (EEG) to measure and distinguish different states of brainwave activity. They have identified the alpha state as the most effective for learning.
Here's a rundown of the four main categories, or states, of brainwave activity:

**Beta**—Awake, alert, and active. In beta, your brain is attending to many different stimuli at once. Activity is scattered. You may be thinking of many things at the same time or jumping from one activity to another. Four Instant Message conversations at once – that’s your beta waves at work.

**Alpha**—A state of relaxed concentration. You’re calm and alert, absorbing material and making connections. You are completely focused on one activity. It could be your favorite sitcom or a challenging game of chess. This is the best state for learning. Quantum readers ride alpha waves wherever they want to go.

**Theta**—Your brainwaves are slowing down, just seconds away from a deep sleep. This is where you dream and process information.

**Delta**—The slowest brainwave state. You’re in a deep sleep.