

A woman with long blonde hair is shown in profile, wearing large black headphones with a silver grille. The headphones have 'THALIA' and 'ERZETICH' printed on them. She is holding a black smartphone in her left hand and gesturing with her right hand. The background is a calm blue sea under a grey sky.

# A 101 GUIDE TO BINAURAL BEATS





# WHAT ARE BINAURAL BEATS?

Binaural beats are a form of brainwave entrainment that have been shown to have positive effects on stress, anxiety, focus, motivation, confidence and mindfulness.





A close-up, profile view of a young man with dark hair and a beard, wearing white earbuds. He is looking off to the side with a thoughtful expression. The background is blurred, suggesting an outdoor setting.

# HOW DO THEY WORK?

Binaural beats work when two different frequencies are heard, one in each ear. This creates a third tone, the binaural beat, whose frequency is the difference between the two other tones, e.g. if the tone in one ear is 400Hz and the other is 410Hz, the binaural beat is 10Hz.





# DIFFERENT TONE

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# DIFFERENT RESULT

The various tones of binaural beats affect a user's mindset differently. The following tones are used in the Rewire Mindset Recovery System:

- 0.5 – 3.5 Hz – Delta wave for deep sleep
- 4.0 – 6.5 Hz – Theta wave for meditation/sleep
- 7.0 – 12.5 Hz – Alpha wave for relaxation/dreams
- 13.0 – 38.5 – Beta wave for Activity





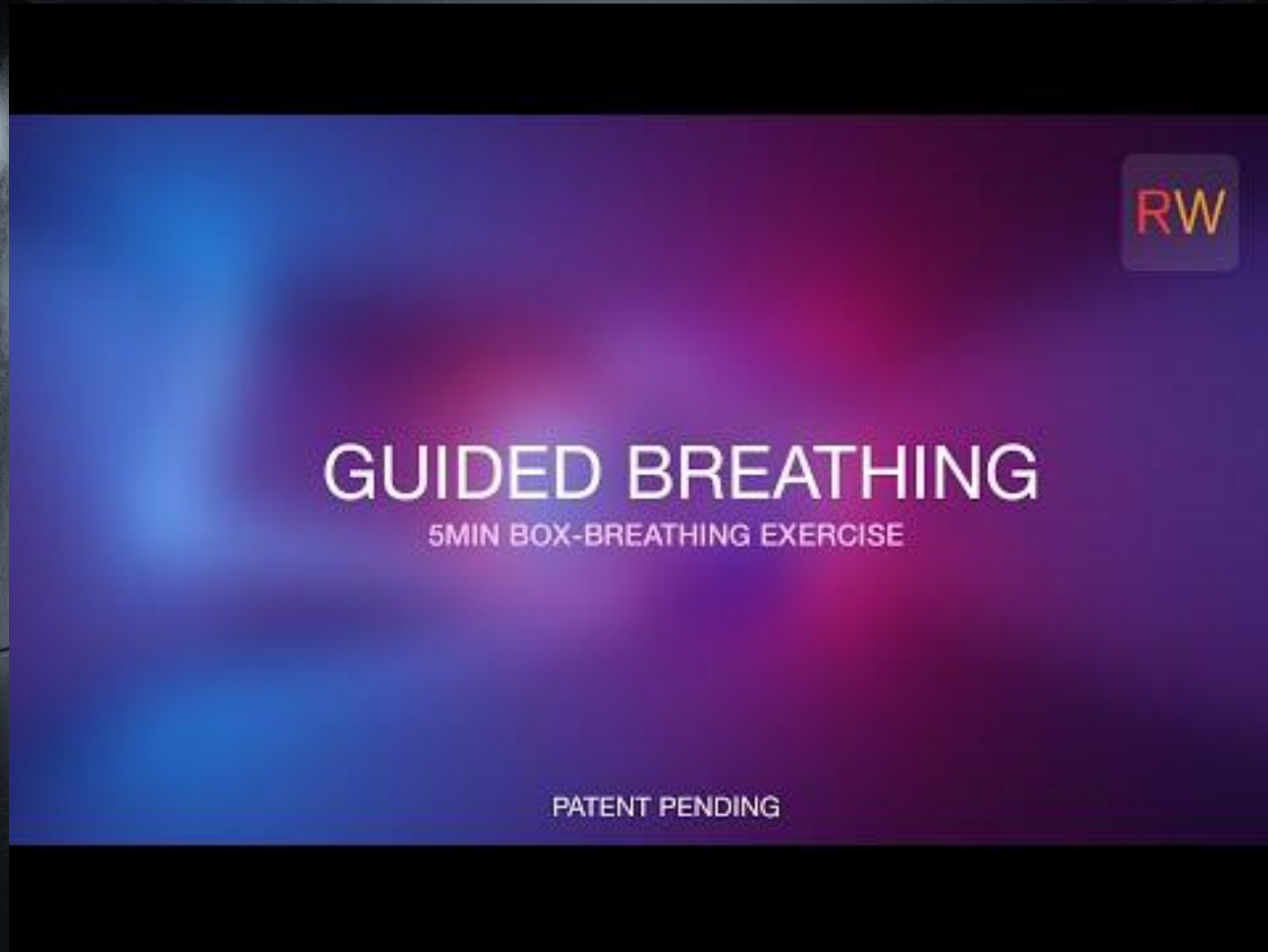


# REDUCING MENTAL FATIGUE

A 2020 study by Walter Staiano, Rewire's Chief Scientific Officer, showed that binaural beats reduce the negative effect of mental fatigue. This makes binaural beats an important part of mindset recovery and pre-competition preparation in sports to minimise the negative effects that mental fatigue is shown to have on performance.



# BINAURAL BEATS DEMO



Click the image above to watch our guided breathing video.

