

## FAST FACTS

# Binaural Beats

## *Binaural auditory beats*

### What

A type of auditory illusion created when two different tones, one in each ear, are presented to the brain at slightly different frequencies. The brain then perceives a single, pulsing tone that seems to "beat" at a frequency equal to the difference between the two tones.

Binaural beats are often used as a form of brainwave entrainment, which refers to the practice of using external stimuli to influence the frequency of brainwave activity. By listening to binaural beats at specific frequencies, it is thought that the brain can be "entrained" to produce brainwave patterns associated with relaxation, meditation, or other states of consciousness.

### How it works

If a tone of 200 Hz is presented to the left ear and a tone of 210 Hz is presented to the right ear, the brain will perceive a pulsing tone of 10 Hz, which is the difference between the two frequencies. This pulsing tone is known as a binaural beat.

When the brain is exposed to a binaural beat of a specific frequency, it is thought that the brain's own electrical activity may begin to resonate at that frequency. This is because the brain has a natural tendency to synchronize its activity with external stimuli, a phenomenon known as "frequency following response."

By using binaural beats to influence brainwave activity, it is thought that individuals can achieve a desired state of consciousness, such as hyper focus, relaxation, meditation, or deep sleep.

### Learn more

[Binaural Beats Meditation](#)



### Pros

- It's free
- Can be done at home
- No extra special equipment is needed
- You can make any adjustments to duration or style of binaural beats in your session

### Cons

- You must to wear headphones
- Research is still determining its effectiveness
- Some people may experience headaches, nausea or dizziness
- May interfere with hearing aids

### Contraindications

- Do not listen to when driving or operating heavy machinery
- Epilepsy or a history of seizures
- Pregnancy
- Do not use with classes of sedative medication or if you have a history of mental illness without consulting your healthcare practitioner