

# Delta Wave Healing Guide

## Introduction

Delta brainwaves (0.5 to 4 Hz) are the slowest frequencies, associated with deep sleep, healing, and regeneration. Delta predominates during dreamless slumber and trauma recovery.

## What Are Delta Waves?

Delta waves are deep-brain rhythms triggering restorative body processes and releasing hormones like melatonin and growth hormone.

## Science Behind Delta Frequencies

EEG studies confirm that delta activity peaks in deep N3 sleep, critical for cellular repair and immune function.

## Benefits

- Enhanced deep sleep and dreamless rest
- Accelerated physical healing and tissue repair
- Reduced chronic stress and immune support

## Recommended Frequencies

Delta entrainment uses 1.5-3.5 Hz tones. Sessions of 30-60 minutes are ideal before or during sleep to support deep restorative cycles.

## How to Listen

- Use comfortable headphones in a dark, quiet room.
- Start playback just before bed or during naps.
- Use low ambient volume so it fades into the background.

## Advanced Techniques

- Combine delta beats with delta-frequency pink noise.
- Use in guided sleep meditations for insomnia relief.

## Safety & Cautions

Delta entrainment is safe but may cause grogginess if mis-timed. Avoid during wakeful activities.

## Daily Practice Plan

1. Pre-Sleep Ritual: 60 minutes at 1.8 Hz.
2. Midday Power Nap: 20 minutes at 2.5 Hz.
3. Stress Reset: 30 minutes at 1.5 Hz after stressful events.