

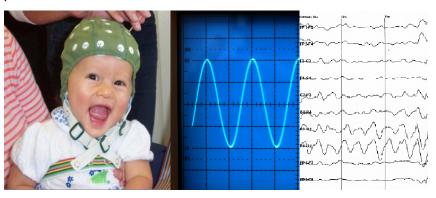
Let's look at the waves in our brains!



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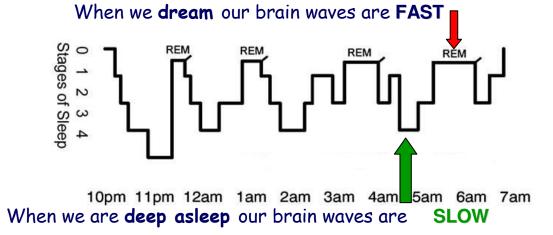
In the Lab we are interested in what happens in our brains when we do things. When the brain works, electricity is generated! The electricity generated in our brains spreads out to the surface of our heads! In the lab we measure it by putting a cap on and then measuring the waves of electrical activity called **brainwaves**.





Some different brain waves: fast Alert Alpha MMM Relaxed Very relaxed! Delta Meta Deep sleep slow

You can even see different brain waves when you're asleep!



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