



Brainwaves Activities during Resting State: A Neurofeedback Case Study

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ABSTRACT

Neurofeedback training (NFT) on a healthy participant was used to analyse brainwave activity during resting state. Electrodes were placed on the prefrontal cortex and at reference sites to conduct the experiment. The patient was asked to remain still and rest by sitting in a chair. The technology was then used to record the electrical waves emitted by brain activities. After ten cycles with a break interval, theta, alpha, and high beta brainwaves were discovered. There were statistically significant brainwaves in the prefrontal cortex. Remarkably, the ascending high beta oscillation range was the highest, while the alpha wave was the lowest, contradicting earlier results. Anxiety, excitement, and focus were thought to be associated with the highest range of high beta waves.

Keywords: resting state, neurofeedback, electroencephalogram

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