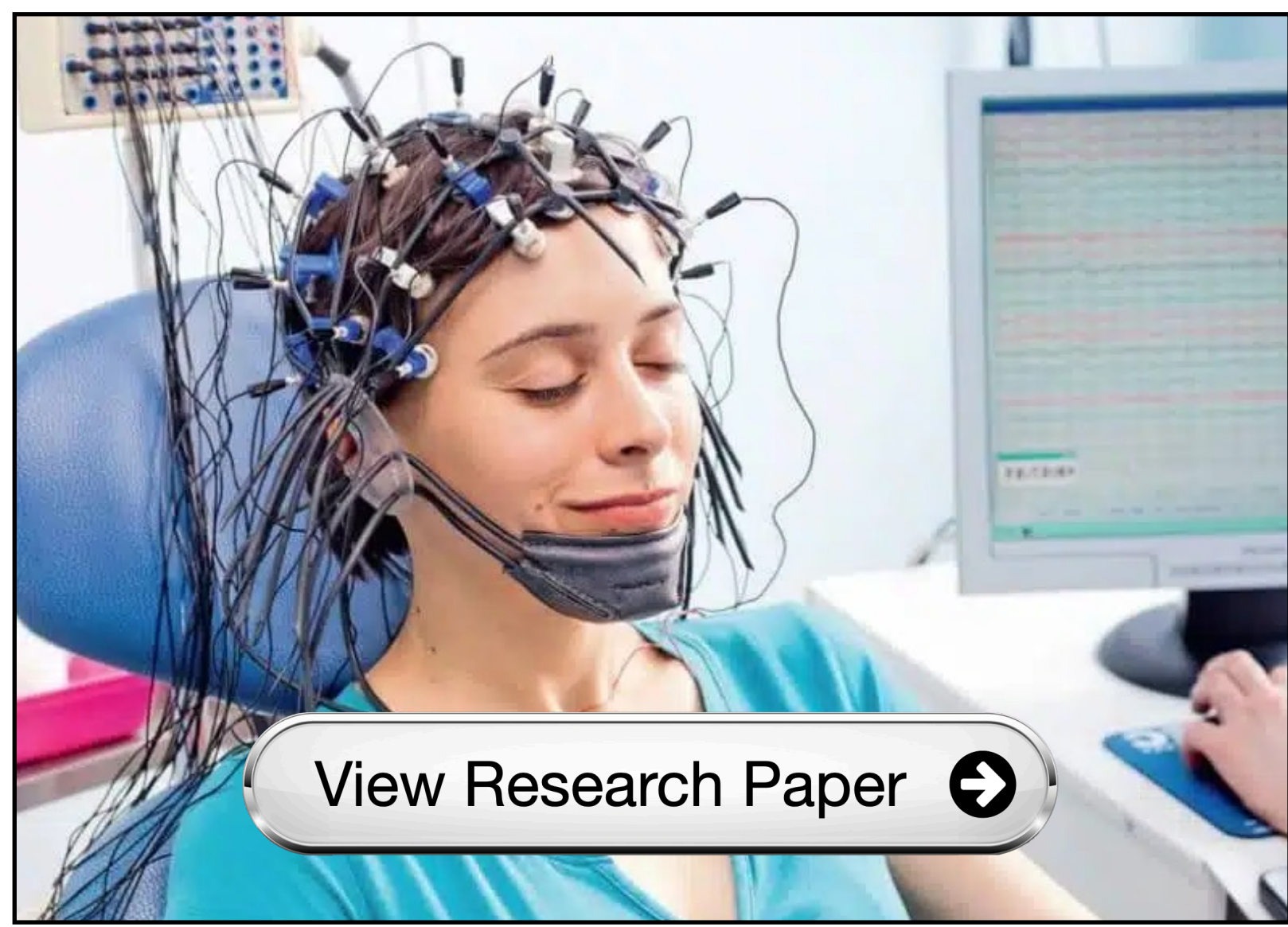


The Global Telepathy Study

Published Research Papers for Binaural Audio



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Theta and beta binaural audio for brain entrainment: an EEG analysis

– Frontiers in Psychology • Nov, 2021

The purpose of this research was to investigate whether binaural audio (specifically within theta and beta EEG bands) improves brain wave entrainment. To achieve this aim, 20 healthy volunteers were stimulated with personalized theta and beta binaural music for 20 min, and their EEG signals were collected using 22 channels. Results showed larger absolute power differences for binaural stimulation on bilateral temporal and parietal regions, and revealed alpha band desynchronization in the parieto-occipital region. Resynchronization was met with both theta and beta binaural music.



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A parametric investigation of binaural audio for brain wave entrainment

– Nature: Scientific Reports • Feb, 2025

This study experimentally tested the effects of binaural audio on both sustained attention and brain wave entrainment. 80 participants were randomized for cross-over comparison of binaural vs. control auditory stimulation. EEG data were collected to validate brain wave entrainment. Gamma frequency binaural music with a low carrier tone improved the general attention performance, suggesting binaural audio may modulate cognitive aspects rather than sustained focus. EEG results confirmed brain entrainment, which varied with binaural parameters and background noise.

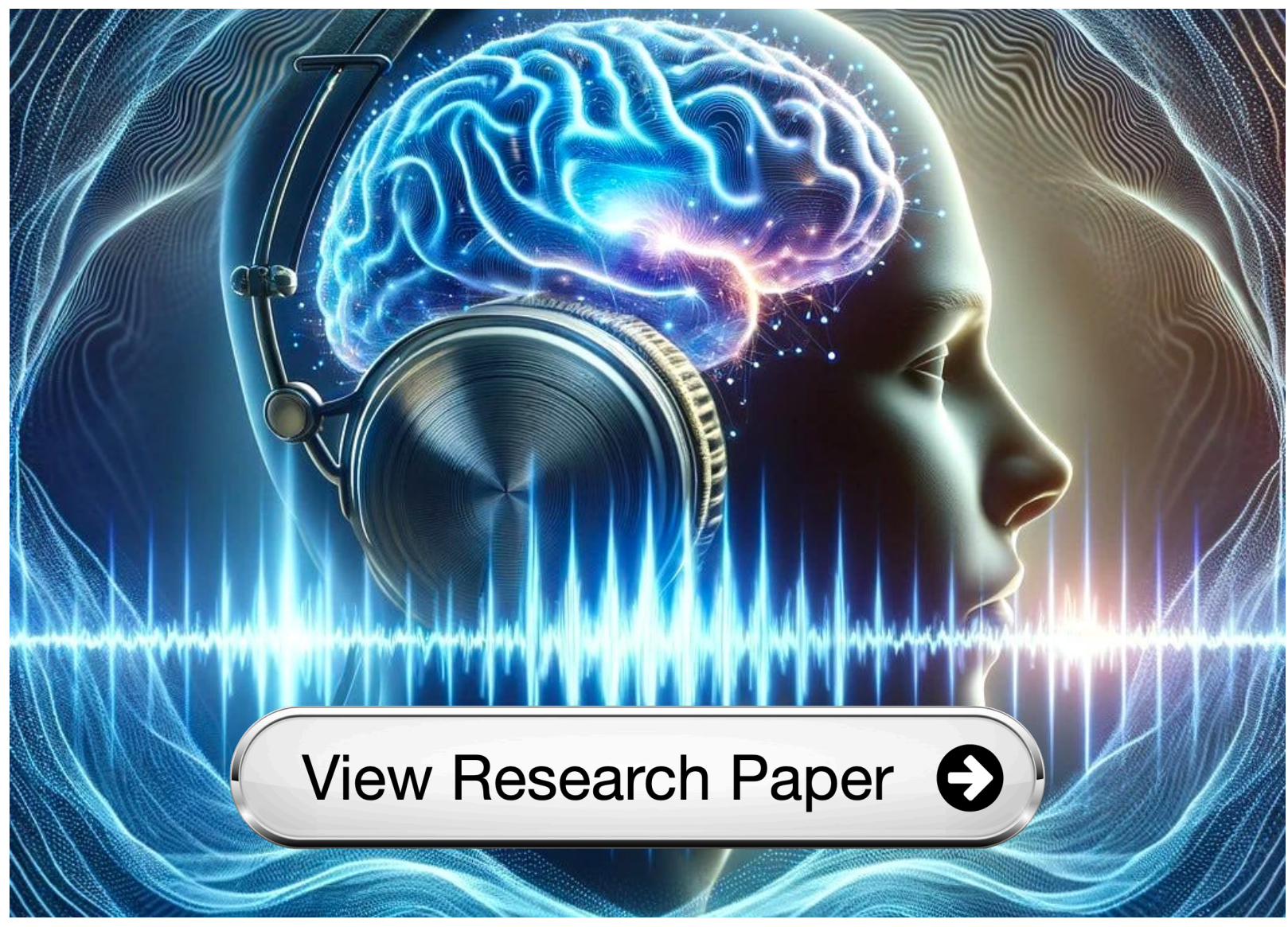


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Brain wave synchronization in alpha, beta, and theta bands using binaural audio

Journal of Neuro Physiology • Nov, 2021

This study aimed to determine the effect of synchronization of brain waves in alpha, beta, and theta bands by binaural beat stimulation on visuospatial working memory. 60 students were selected by the available sampling method and randomly divided into three experimental groups and one control group (n=15 each). Participants in the experimental groups received binaural music stimulation of 15, 9, 5, and 6 Hz for 12 min. The findings showed that 15 Hz binaural music in the beta bands had significantly improved the subject's visuospatial working memory.

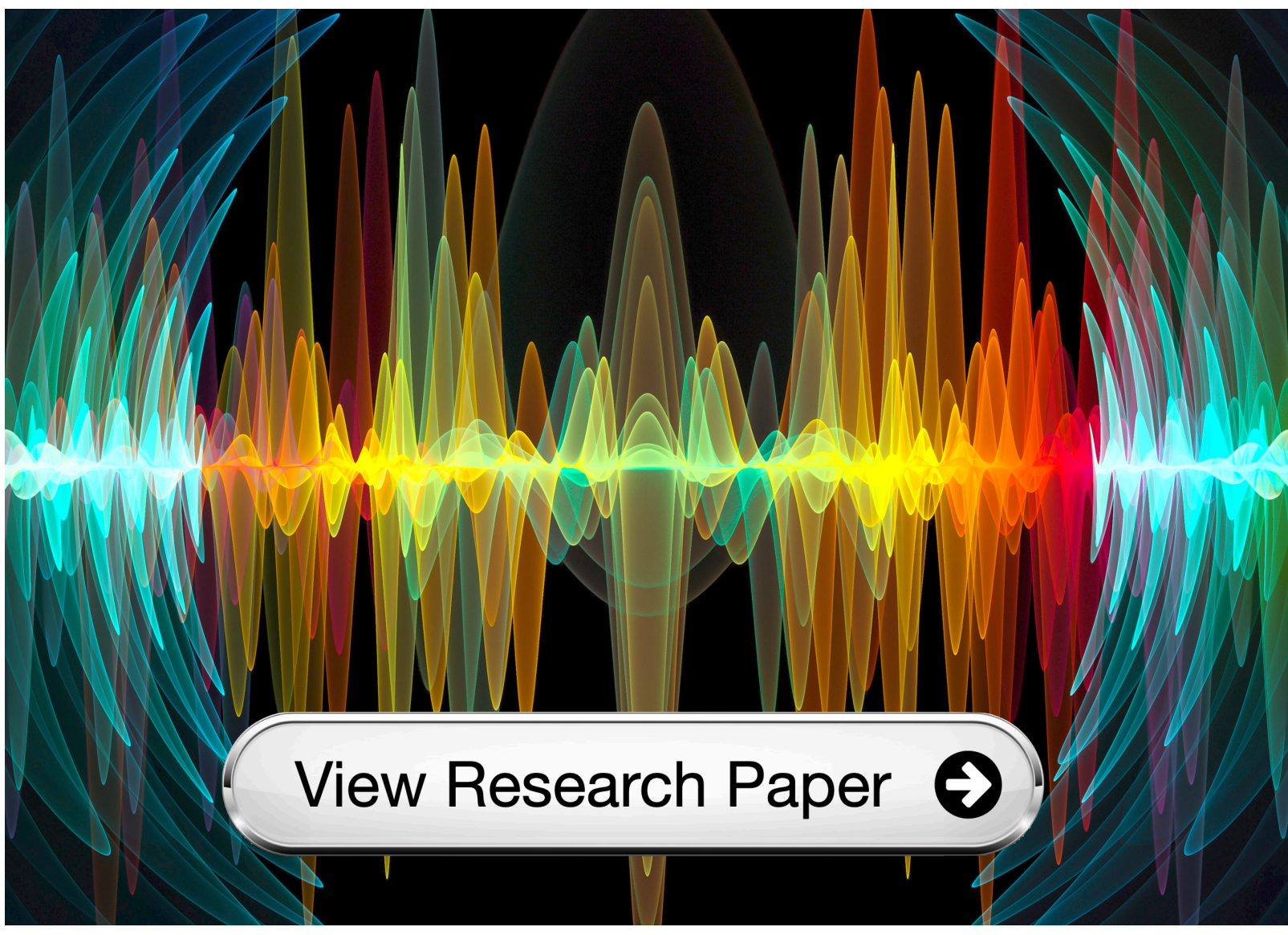


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Binaural auditory stimulation and its effects on mood states, cognition and health

– Frontiers in Psychiatry • May, 2015

Binaural audio stimulation is a promising new tool for the manipulation of cognitive processes and the modulation of mood states. Here, we review the literature examining the most current applications of auditory beat stimulation and its targets. We discuss the role of monaural and binaural-beat frequencies in cognition and mood states, in addition to their efficacy in targeting disease symptoms. We aim to highlight important points concerning stimulation parameters and try to address why there are often contradictory findings with regard to the outcomes of binaural stimulation.



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The effects on human mental states of spatially moving binaural audio stimulation

– PLOS One Journal • Jul, 2024

In this study, we hypothesized that the impact of binaural audio on cognition and EEG is linked to the spatial characteristics of the sound. Participants listened to spatially moving sounds at 6Hz and 40Hz frequencies, and EEG measurements were conducted throughout the auditory stimulation. The results indicated that binaural stimulation had a more pronounced effect on electrical brain activity than the control condition. Additionally, these findings support our hypothesis that the impact of auditory stimulation lies in the spatial attributes rather than the sensation of binaural beats.



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Binaural beats through auditory pathways: from brainstem to connectivity patterns

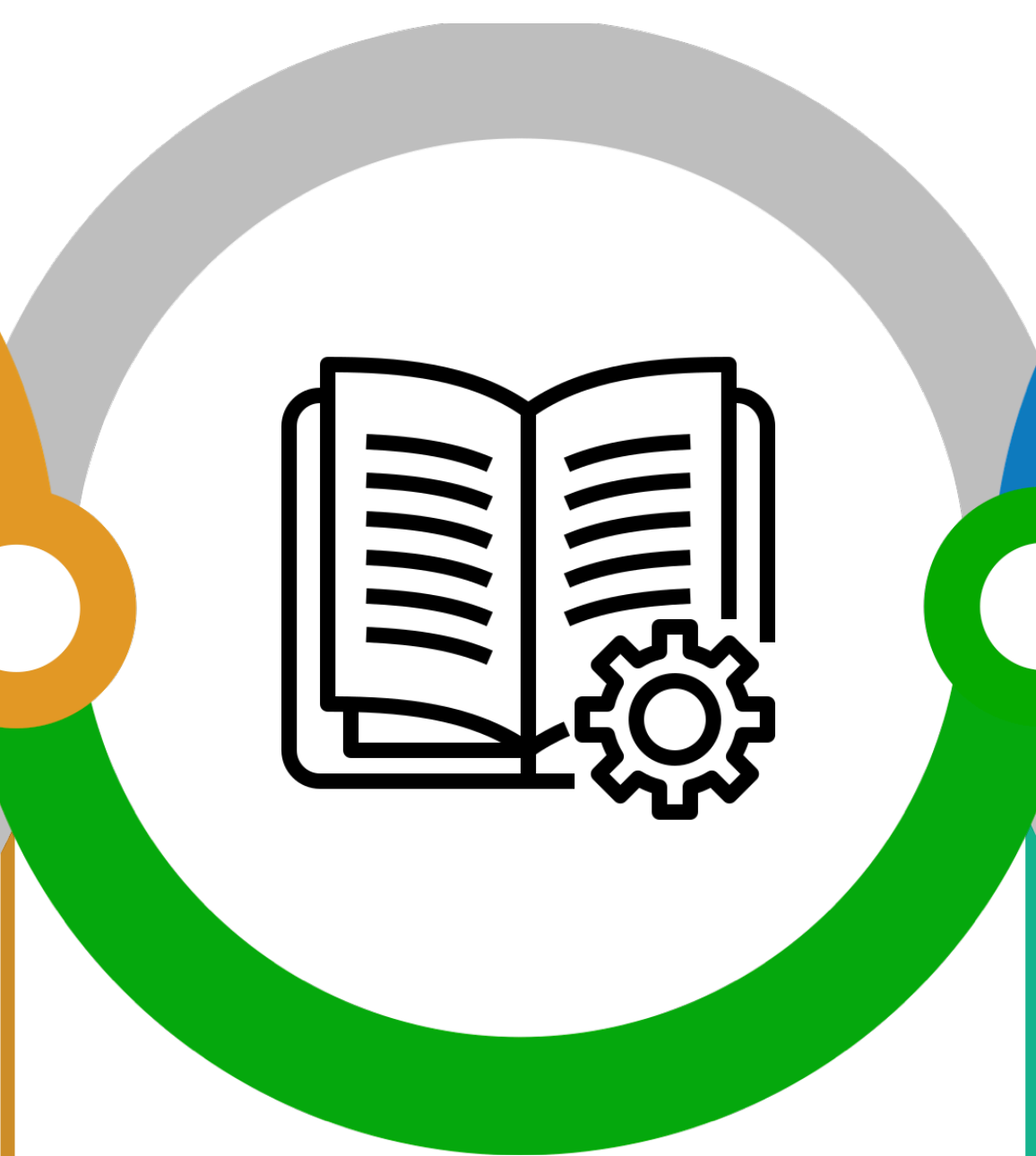
– eNeuro Journal • Mar, 2020

In this study we show that binaural audio can both entrain the cortex and elicit specific connectivity patterns. To do so, we compared the effects of binaural beats with a control beat stimulation (monaural beats, known to entrain brain activity but not mood). Both stimuli elicited standard subcortical responses at the pure tone frequencies of the stimulus, and entrained the cortex at the beat frequency. Furthermore, functional connectivity patterns were modulated differentially by both kinds of stimuli, with binaural beats being the only one eliciting cross-frequency activity.

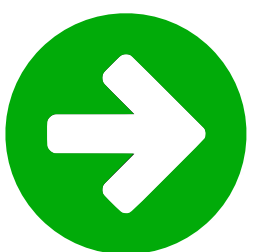
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