
Research & Information

Posted by 1nteger - 2008/06/01 03:17

Hi All,

I've been trying very hard to find out a little more about binaural beats and would love to see some research on the subject. So far I've found only two different studies performed at a university or clinical level. Happy to share if anyone is interested.

I've heard that floating around somewhere is a copy of the original article by Oster, though I know its more to do with how a binaural beat will occur rather than what effect it may have, and the possibilities of entrainment.

TIA

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Re:Research & Information

Posted by edliversidge - 2008/06/01 18:46

Hello 1nteger,

thanks for the post. A Â£2.99 coupon is on it's way to you. Hope you like it.

As for the research, I have recently been able to source a copy of the original Oster paper from 1973. After reading through the paper a few interesting items come to light.

1. Oster measures a frequency following response (using quite clever but primitive methods) to both monaural and binaural beats. Monoaural responses are greater in magnitude than binaural beats, as expected.
2. Oster suggests that binaural beat (bbs) response can be trained, if it is not measured initially. Also, the maximum frequency carrier at which bbs can be heard can also be trained over successive sessions. He cites a violin player (who I think also had Parkinson's), who was having treatment, and who was able to hear bbs up to a 650Hz carrier frequency after a few weeks. This persons 'condition' was 'considered satisfactory' at this point.
3. Reading the paper carefully reveals that the Oster curve is in fact mapping the UPPER LIMIT of perception of binaural beats, which means that if your beats are ON the oster curve you are in fact NON OPTIMAL. Best to reduce your beat frequency for a given carrier to get it optimal again, or just use 440 Hz all the time ;) . I plan to write a blog about this as we have all been following the oster curve so far. :silly:
4. Oster mentions the different perceptions between men and women. Although his graph is badly labled and the text contradictory about when men and women loose the perception of binaural beats at particular carrier frequencies. I think the best thing is to keep carriers no lower than 500Hz for both sexed to percieve the bbs.

Also, I have one other paper that I had to pay Â£30 for, which I dont have with me at the moment. However, the paper deals with frequency following reponse and their data concludes a definite ffr at 40Hz bb.

If you have a couple of papers could you point them to me if they are on line?

I will keep looking at the research as I am planning a pc version of the brainzapr and I want it to be as good as possible.

thanks again,

Ed

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