

Meditation Music Practice Test Questions and Answers

1. What frequency range is most commonly associated with deep relaxation and meditation?

- A) Alpha waves (8-14 Hz)
- B) Beta waves (14-30 Hz)
- C) Gamma waves (30-100 Hz)
- D) Delta waves (0.5-4 Hz)

2. Which instrument is traditionally most associated with Tibetan meditation practices?

- A) Flute
- B) Singing bowls
- C) Piano
- D) Guitar

3. What is the optimal tempo (BPM) for meditation music to promote relaxation?

- A) 120-140 BPM
- B) 80-100 BPM
- C) 60-80 BPM
- D) 40-60 BPM

4. Which natural sound is most commonly used in meditation music for stress relief?

- A) Thunderstorms
- B) Ocean waves
- C) Bird songs
- D) Wind through trees

Answers: 1-A 2-B 3-D 4-B

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