We held a study to sixteen people in the ITESM, CSF. All of them were between 18 and 25 years old. They were all exposed to auditory stimulation of the so-called “binaural drugs”. Eight of them were in the control group and they knew about the reactions that may have happened. The other eight were in the experimental group and they did not know the type of stimulus that was going to be applied. This study was made in order to know if the so-called binaural drugs do have physiological effects or if they act simply as placebos. The results showed that there are effects in the brainwaves, especially in the waves related to relaxation, but these effects are not the ones offered by binaural drugs distributors like iDoser.