Since the beginning of the 21st century, there has been a great development in different studies related to encephalography and the psychological consequences of binaural audio. The objective of this paper is to analyze the effects of binaural audio as a relaxation method for people that suffer anxiety and stress.

The study took place at ITESM, Santa Fe Campus, where twenty participants around 21 years old took part of the study. They were divided into two groups, Experimental and Control. The first one listened to the Theta binaural stimuli and the second one listened to a stimulus with nature sounds (birds and wind).

The results show that the experimental group got to conscious relaxation. The control group had an unconscious relaxation (sleep), but when the stimuli stopped they recovered their stress level, for some participants it increased.