

10 most effective stress relief songs in the world

Here are 10 of the most relaxing music in the world with the ability to reduce the stress level by 65%, according to research by British scientists.

Music has long been used as a means to **relax and restore human health** . For centuries, many cultures around the world have used music to uplift and even heal physical and psychological injuries.

Now, neuroscientists in the United Kingdom have taken serious research to pick out the most effective melodies in **easing human stress** .

In research, scientists use sensors to constantly monitor volunteers who are allowed to listen to music and solve puzzles. **Puzzles** will create a certain level of stress in the human brain and in the process, volunteers will be heard through different songs. During this process, biological indicators such as heart rate, blood pressure, breathing, etc. will be continuously recorded by scientists to investigate the impact of music on stress levels.

Here are 10 of the most relaxing music in the world with the ability to reduce the stress level by 65%, according to research by British scientists.



10. "We Can Fly," by Rue du Soleil (Café Del Mar)

9. "Canzonetta Sull'aria," by Mozart

8. "Someone Like You," by Adele

7. "Pure Shores," by All Saints

6. "Please Don't Go," by Barcelona

5. "Strawberry Swing," by Coldplay

4. "Watermark," by Enya
3. "Mellomaniac (Chill Out Mix)," by DJ Shah
2. "Electra," by Airstream
1. "Weightless," by Marconi Union

According to Dr. David Lewis-Hodgson, a member of the research team, below are the 10 most effective mental relaxation songs ever tested before. The study results show that just by hearing a Weightless article, the level of anxiety in volunteers has been reduced by 65%, while their normal biological indicators have also been relaxed by 35%.

More notably, the researchers found that the relaxing effect of the songs obtained was originally created to serve that purpose. Typically, the team collaborated with the music producer to create Weightless songs to be used as a sound therapy. The melodies, rhythm, rhythm, . are carefully arranged to help slow down the heart rate, lower blood pressure and relieve the listener's stress hormone levels.

Talking about **stress** and **its negative impact on** human health. Stress will aggravate or increase your risk of heart disease, obesity, depression, digestive problems, asthma and more. More notably, a recent study conducted by Harvard and Stanford University showed that stress alone from work caused a higher number of deaths than diabetes, Alzheimer's or bird flu.

In order to have a healthy life, the researchers claim to allow the body and mind to have time to relax and rest. Music is a simple way to relieve stress in life and work, but Dr. David Lewis-Hodgson **notes** that although Weightless songs are effective at reducing stress, some side Women in the study said that feeling sleepy when listening to it should **avoid hearing while driving** because it can be dangerous.

You finished reading the article "**10 most effective stress relief songs in the world**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.