

15 great benefits of listening to music you may not know

Here are 15 amazingly scientifically proven benefits of listening to music you may not know yet.

If you love music, show that you have a very good " *companion* ". Charles Darwin once said: " *If I have the opportunity to live again, I will make a rule to read poetry and listen to music at least once a week .*" Or as Albert Einstein declared: " *If I am not a physicist, I will be a musician.*" And Jimi Hendrix considered the concept of music as his " *religion* ."



I always feel surprised and admiring people who can sing and guitar. When I was a child, I stayed in the room for hours to **listen to the music** of the singer-songwriter I idolized. When I grew up, I always turned on rock 'n' roll whenever I did housework and saw it as a great thing - now I know why.

Recent research shows that **listening to music helps us to feel happy and improve our physical health** in an amazing way. If learning or training in music not only helps **improve IQ** , it also brings many benefits when we get older. Here are 15 amazingly scientifically proven benefits of listening to music you may not know yet.

1. Music makes you feel happier

" *I don't sing because I'm happy; I'm happy because I sing .*" - William James

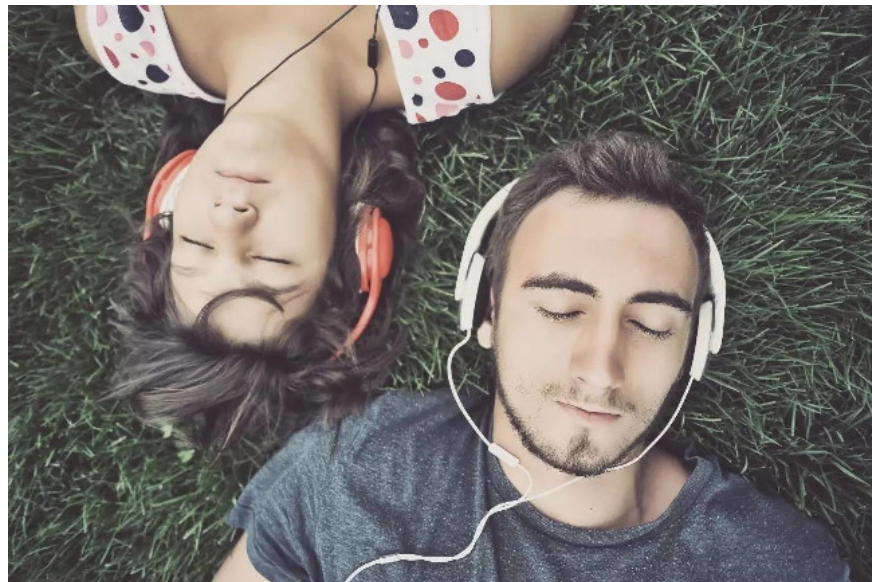


Research has proven that when you listen to your favorite song, your brain releases **dopamine** , a type of neurotransmitter. Valorie Salimpoor, a neurologist at McGill University, conducted tests on 8 music lovers by injecting a radioactive substance into their bodies, then listening to the music they loved. A PET used to scan neural reflexes shows that a large amount of dopamine has been released, indicating that they have happy, enjoyable and happy emotions.

So if you want to improve your mood, listen to your favorite music in 15 minutes. That's all you need to get comfortable.

2. Music makes you more motivated

" If I listen to my music people will find that it is a great source of motivation for them, no matter what happens, keep going forward and don't step back ." - Eminem



Marcelo Bigliassi and his colleagues realized that athletes who hear fast or slow tempo music will complete the 800m faster than the regular or unheard of music players. music. If you want to take part in activities that require strong movement, listen to music so they inspire you!

3. Music reduces stress and improves health

" I think music is also a cure. It is seen as an explosion of humanity. It is something that can make us all touched. There is no cultural barrier. . " - Billy Joel



Listening to your favorite songs can reduce **hormones that cause stress** in your body, helping your body to fight long-lasting symptoms. This is an important part of discovery because stress accounts for 60% of all causes. One study found that if people involved compose with instruments or sit and sing together, their immune system is boosted more than just listening quietly.

To keep calm and relieve stress after a hard working day, turn on the radio, sing along and shake your feet to each music to get rid of the most likely diseases.

4. Music helps you sleep better

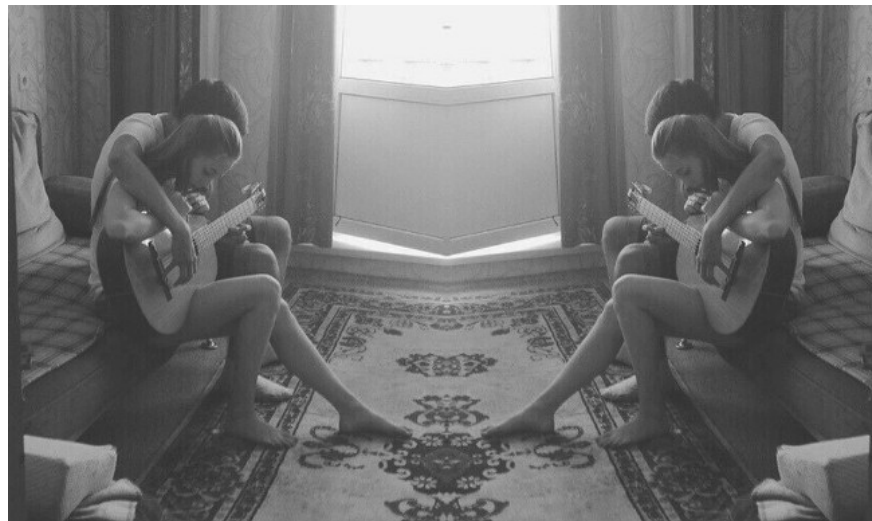
" Music washes all the dirt of everyday life ." - Berthold Auerbach



More than 30% of Americans often suffer from insomnia. One study found that students who listen to classical music relax for 45 minutes before going to bed will usually sleep better than those who listen to audiobooks or not listen at all. If you find it difficult to sleep, try listening to some Bach or Mozart music before going to sleep!

5. Music helps reduce the risk of depression

" Music is a refuge for my soul. When I feel lonely, I can immerse myself in it alone ." - Maya Angelou



More than 350 million people worldwide suffer **from depression** , 90% of them often suffer from insomnia. The sleep study above shows that the symptoms of depression are significantly reduced compared to the group of people who listen to classical music before going to bed, excluding the other two groups. Another study by Hans Joachim Trappe in Germany has also demonstrated that music is beneficial for depressed patients, but depends on the type of music. Light music and classical music help raise morale, while digital music and strong music often reduce morale more.

Next time, if you feel the spirit goes down, try listening to classical music or meditate to improve the spirit.

6. Music helps you eat less

" *There is a close relationship between eating and music .*" - Thomas Hardy



Research at Georgia Tech University shows that a space with light and music while eating will help people feel comfortable, consume less calories and they will pay attention to their meals a lot. than. If you're trying to control your appetite, try reducing the light and listening to a light piece of music for your meal.

7. Music keeps you alert when driving

" *I like to sit alone in a car listening to music when it rains. Sing my favorite songs .*" - Alison Krauss



A study in the Netherlands said that listening to music while driving has a positive effect on your mood, it makes you feel safer when not listening to music. Next time, if you feel anxious when you join the traffic, turn on some tunes to improve the situation. Listening to music will not affect your driving but will help you to **drive** more

safely .

8. Music helps increase learning and memory

" *Music is the language of memory .*" - Jodi Picoult



Researchers show that music helps you **learn and remember information** better, but depends on how much you are passionate about music or whether you are a musician. Memorizing Japanese characters while listening to music seems to have a positive or moderate effect. The results showed that the study participants were musicians who studied better with normal music genres and better test results when you heard your favorite genre. Besides, for people who are not musicians, they often learn better when listening to music.

Remember these results! Now, you have a more effective learning strategy to do the next test well.

9. Music helps patients relax before / after surgery

" *Sing to scare fear but stay away from me .*" - Miguel de Cervantes



Scientists have realized that listening to music before surgery helps patients reduce anxiety. In fact, it is even more effective than taking Midazolam, a sedative given to patients before surgery, but it has side effects such as coughing and nausea. Other studies have also shown that listening to soft music while lying down in bed after heart surgery **increases patient relaxation** .

Worldwide, 234 million major surgeries are performed each year. If you or someone you know is prepared to have surgery, try listening to a soft melody that will make them less anxious. It will work better and certainly no side effects like sedatives.

10. Music reduces pain

" A great thing about music is that when it comes to trouble, it can alleviate pain " - Bob Marely



A study at Drexel University in Philadelphia found that music therapies work better than conventional treatments for **cancer patients** . Besides, other studies also show music as a " *painkiller* " for emergency resuscitation

patients and elderly patients, but also depending on the type of music they listen to such as light music, antique music. Dictionary or music that patients like, for example.

Bob Marely is right about this - listening to music you like can help relieve pain effectively.

11. Music improves the memory of Alzheimer's patients

" There is no way to recover the forgotten past. But music can find that feeling ." - Oliver Sacks



A non-profit organization called Music & Memory has helped people with Alzheimer's disease and Dementias disease (dementia), old-age diseases, recall by letting them listen to songs they favorite. Recalling the past is often very emotional. For example, after Henry heard the genre of music from his time, he sat in a wheelchair and lost all his memory to say only the name Cab Colorway and relive his happy life.

Dr. Laura Mosqueda, Director of Geriatrics at the University of California, Irvine School of Medicine explained that music affects a lot of areas of the brain, it causes long-lasting stimulation that keeps the body healthy. To connect with people with dementia related to old age, you should let them listen to their favorite songs.

12. Music helps stroke patients recover

" I know why the birds in the cage sing again ." - Maya Angelou



Research at the University of Helsinki shows that stroke patients who hear their favorite music for two hours a day will significantly improve cognitive rehabilitation compared to those who read or not listen to anything. Most of the songs contain the lyrics, which show that it is a combination of music and voice, reinforcing the patient's hearing and speech.

Stroke is the 5th most common cause of death in the United States. If you know someone who has had a stroke, let them listen to the songs they love as soon as possible to significantly increase their ability to recover their health.

13. Music increases creativity in words

" Music is the soul of words in mind ." - Modest Mouse



After a month of music study (by rhythm, tone and voice), a study at York University found that 90% of children between the ages of 4 and 6 have a significant increase in creativity. in the way of talking. Researcher Sylvain Moreno thinks that music training has a " *transfer effect* " that enhances a child's ability to understand the words and explain the meaning of the words. Another study shows that adult women and music-educated children are more capable than those who do not receive musical training through memory tests.

The problem is not that you are an adult or a child, if you want to promote your speaking skills, try music

lessons!

14. Music helps increase IQ and acting ability

" Music can change the world because it can change people ." - Bono



Research shows that music lessons will help high-performing learning results and increase IQ in young children. In a research study, with a small group of children aged 6 years, including a typing group and a singing group for 36 weeks, there was a significant increase in IQ and education standardized test results. just forget one of two drama lessons or no lessons to learn. The results showed that the singing group did better than the typing group. To help your child achieve academic excellence, encourage them to sing or learn to play some kind of instrument.

15. Music helps keep the brain healthy despite being older

" Music is really the breath of life. We eat so we don't starve to death. We sing so we can know we're still alive ."
- Yasmina Khadra



A study conducted with healthy elderly adults found that people with more than 10 years or years of music experience score higher on a cognitive test than a musician for 1 year or 9 years music research experience. Those who are not musicians have very low scores. " *When studying an instrument that requires years of practice and learning, it can create alternative connections in the brain that can compensate for cognitive decline when we get older ,*" said the researcher. Brenda Hanna - Pladdy said.

Business magnate Warren Buffett remains lucid at the age of 84 by playing Ukulele. It's never too late to play an instrument to keep your brain healthy.

Plato was right when he said: " *Music and rhythm find their way into the secret of the soul. No matter whether you're young or old, healthy or sick, happy or sad, music can improve quality. Your life quality in many ways. It relieves stress, anxiety, relieves mood, strengthens your health, helps you sleep better, alleviates your pain and even makes you smart more* ".

Recent research shows that: " *Music can convey people's emotions, it basically does not distinguish the culture and ethnicity of the listener.*" *We have just started to learn about all of this kind of "language "* in the world. Instead of cutting funding for music and art programs in schools, why don't we invest in exploring all the secret places that music can touch so we can continue to reap What are the great benefits of it?

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