

Why do we like to sing in the bathroom?

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The bathroom is a small, safe and warm space, we can freely do what we like and worry about what makes the mind relax and relieve stress. When people relax, the brain releases dopamine to re-energize creative activity so that people have feelings of wanting to sing.



Singing in the bathroom, we don't need to worry about others hearing our voices, no need to care about good or bad singing. At this point, you can do yourself.

On the other hand, we all feel we sing better when we're in the bathroom because this is the same space as the miniature sound system. Since the tiled bathroom does not absorb sound around the wall, the voice will reverberate and spread throughout the room before fading away. The sound reflexes create an effect that makes our vocals more audible, soft, even more powerful.

Benefits of singing

Singing in the bathroom is not only good for the spirit but also for our health. When singing, we have to breathe deeper, breathe more oxygen, increase the oxygen level in the blood to help circulate better. This helps the body relax, a peaceful mind helps to reduce the pressures in life similar to meditation.



Singing is also a great exercise for the muscles of the neck, throat, jaw, face, muscles around the abdomen, chest and back.

Singing to stimulate the larynx and help reduce snoring symptoms, prevent insomnia.

Singing stimulates the thyroid gland for good metabolism.

Singing can help improve motor skills and coordination skills of the body. In the process of singing with all your passion, you can shake your whole body, helping to detoxify at the deepest level.

Singing is also considered a very good mental medicine to help you cope with grief and depression, defeat stress, release long-lasting feelings in your heart.

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