

WHY IS LISTENING TO MUSIC GOOD FOR YOU?

GET READY TO FALL IN LOVE WITH THE POWER OF THE MUSIC!



IT ELEVATES MOOD

Music can boost the brain's production of the hormone dopamine. This increased dopamine production helps relieve feelings of anxiety and depression.

IT REDUCES STRESS

Research has found that listening to music can relieve stress by triggering biochemical stress reducers.



IT INCREASES WORKOUT ENDURANCE

Listening to those top workout tracks can boost physical performance and increase endurance during a tough exercise session.

IT STIMULATES MEMORIES

There is no cure for Alzheimer's disease or dementia but music therapy has been shown to relieve some of its symptoms.



IT EASES PAIN

Music can meaningfully reduce the perceived intensity of pain, especially in geriatric care, intensive care or palliative medicine.

