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Brain Wave Music

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To Help You Sleep

Music comes in many forms and variations. What is considered music by some people seems like a cacophony, a deafening barrage of noise, to others. Also the appeal of different music seems to call to us depending on our varying moods.

Why is this so? Perhaps it's because of the compatibility of varying types of music to different brain waves. Brain waves are as varied in people and even in their many moods as is music.

Researchers from the sleep clinic at the University of Toronto have carried this theory a step further. They are developing a new type of music - "brain wave music."

This music is created by studying individual brain waves and then creating music to match the patterns formed by the waves. The researchers believe that this special music will lead to deeper relaxation and greatly improved sleep.

"Brain Wave Music" may even aid in the healing of psychosomatic disorders such as anxiety or depression without the risk of dependency on medication.

Since ancient times, man has believed music to have healing properties. The throb of drums often accompanied the ministrations of the medicine man or shaman in aboriginal cultures. Today some hospitals include music piped into a patient's room as an adjunct to treatment.

This new theory was tested on a group of volunteers who were long time sufferers of anxiety and/or insomnia. Ten of these volunteers listened to "Brain Wave Music" created to follow their individual brain wave patterns while eight volunteers heard placebo music. In the case of both sets of volunteers, there was some reduction of anxiety and improved sleep. However, the results were much more noticeable in the group listening to their special "Brain Wave Music."

Perhaps, in years to come, instead of going to the music shop to choose a CD, people will be going to have one made for them in their own special brain wave pattern. Those who are ill will be listening to healing music made just for them. Perhaps even babies will be lulled to sleep with their own "Brain Wave Music."

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[The Music of Your Dreams](#)
[All Right Now. Just Relax](#)
[What Is White Noise?](#)

Suggested Reading

[Music Therapy: Drums](#)

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