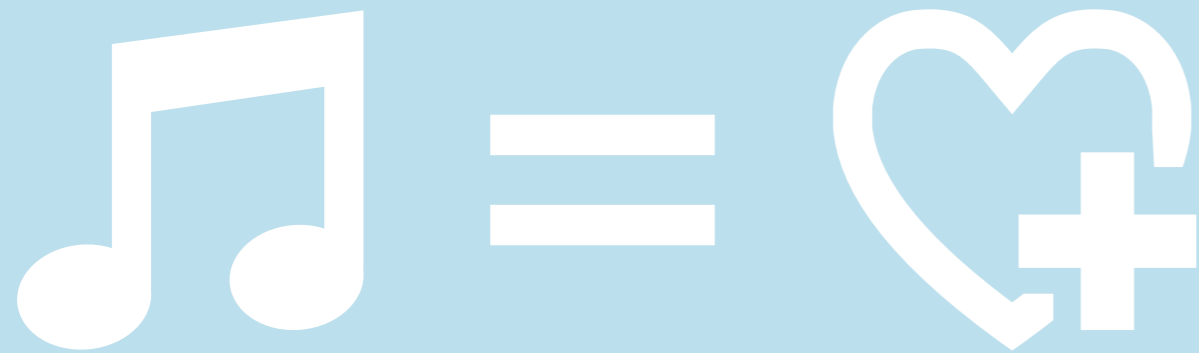


# SYMPHONY AT WORK

A doctoral thesis from the University of Gothenburg reveals that listening to music every day lowers stress. The thesis was based on the results of two studies, which showed that people who listened to music also felt positive emotions.

A 2011 study in the journal *Psychology and Aging* shows that being a lifelong musician is linked with better sound processing, the *Washington Post* reported. The study included 163 people (74 of whom had played music all their lives). The researchers also found a link between hearing test scores and the amount of time the study participants practiced their music, according to the *Washington Post*.



Odd as it may seem, University of Maryland Medical Center researchers have found a link between listening to music and heart health.

The researchers found that listening to joyful music is linked with dilation of blood vessels' inner lining, meaning more flow of blood through the blood vessels. Specifically, the diameter of blood vessels grew by 26 percent when a person listened to happy music.

The research was presented in 2008 at a meeting of the American Heart Association.

Having musical training could protect your mental sharpness in old age, according to a 2011 study in the journal *Neuropsychology*.

HealthDay reported on the study of 70 people ages 60 to 83, with varying levels of music experience. The researchers from the University of Kansas Medical Center found that the people who had the most musical training in their lives had the best mental sharpness, and scored the highest on brain functioning tests.

All information from:

*Music And Health: Ways Playing And Listening To Music Help Both Body And Mind*

The Huffington Post | By Amanda L. Chan | Posted: 04/11/2012

