

Relaxation Songs



Did you know that there is a song that is so effective at anxiety reduction, that you shouldn't drive while listening?

Before we get to that, let's break down the science behind music therapy:



Improves overall well-being of adults¹



Reduces cortisol^{2,3}



Stimulates "Reward" and "Emotion" portions of the brain⁴

Music therapy has been associated with improvement in medical conditions such as...

- Anxiety and pain in adult surgical patients⁵
- Stress and anxiety in critically ill patients⁶
- Reduction in chronic pain⁷
- And many more conditions!

Top 10 Songs for Reducing Anxiety

#	Song Title	Artist
1	Weightless	Marconi Union
2	Electra	Airstream
3	Mellomaniac (Chill Out Mix)	DJ Shah
4	Watermark	Enya
5	Strawberry Swing	Coldplay
6	Please Don't Go	Barcelona
7	Pure Shores	All Saints
8	Someone Like You	Adele
9	Canzonetta Sull'aria	Mozart
10	We Can Fly	Rue du Soleil (Café Del Mar)

Relaxation Songs



How were the top 10 songs discovered?^{8,9}

Who? - Mindlab International

Intervention? - Music therapy for individuals completing difficult puzzles

Outcomes? - Reduction in anxiety and physiological resting rates (heart rate, blood pressure, and breaths/minute)

Results?

- Development of Top 10 Songs
- #1 Song “Weightless”: 65% ↓ anxiety, 35% ↓ physiological resting rates

How?

- “Weightless” originally created by sound therapists to exclude repeating melodies
 - Allows brain to rest instead of subconsciously predicting melodies
 - Takes ~5 minutes for heartbeat to match track’s beats/minute
 - Led to drowsiness in many!

Curious to listen?

Spotify Playlist of top 10 songs: [public playlist](#)

“Weightless”: [free 10-hour version](#)

Relaxation Songs



References:

1. Daykin N, Mansfield L, Meads C, et al. What works for wellbeing? A systematic review of wellbeing outcomes for music and singing in adults. *Perspect Public Health*. 2018;138(1):39-46.
2. Khalifa S, Bella SD, Roy M, et al. Effects of relaxing music on salivary cortisol level after psychological stress. *Ann N Y Acad Sci*. 2003;999:374-376.
3. Thoma MV, Marcar RL, Bronnimann R, et al. The Effect of Music on the Human Stress Response. *PLoS One*. 2013; 8(8):e70156.
4. Blood AJ, Zatorre RJ. Intensely pleasurable responses to music correlate with activity in brain regions implicated in reward and emotion. *Proc Natl Acad Sci*. 2001;98: 11818-11823.
5. Kuhlmann AYR, de Rooij A, Kroese LF, et al. Meta-analysis evaluating music interventions for anxiety and pain in surgery. *Br J Surg*. 2018;105(7):773-783.
6. Umbrello M, Sorrenti T, Mistraretti G, et al. Music therapy reduces stress and anxiety in critically ill patients: a systematic review of randomized clinical trials. *Minerva Anesthesiol*. 2019;85(8):886-898.
7. Garza-Villarreal EA, Pando V, Vuust P, et al. Music-Induced Analgesia in Chronic Pain Conditions: A Systematic Review and Meta-Analysis. *Pain Physician*. 2017;20(7):597-610.
8. Curtin, Melanie. "Neurosciences Says Listening to This Song Reduces Anxiety by UP to 65 Percent." Inc, 30 May 2017, <https://www.inc.com/melanie-curtin/neuroscience-says-listening-to-this-one-song-reduces-anxiety-by-up-to-65-percent.html>.
9. Passman, Jordan. "The World's Most Relaxing Song." Forbes, 23 November 2016, <https://www.forbes.com/sites/jordanpassman/2016/11/23/the-worlds-most-relaxing-song/#3e5710482053>.