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### Benefits of Music

Music has started to be used in Medical Treatments  
Proven to be useful in cancer treatment, managing chronic pain,  
and helping brain recovery after strokes  
Helps patients with dementia

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### Music is Power

Lifts Our Spirits  
Motivates us to keep going  
Soothes us to sleep  
Reduces patient anxiety and depression  
Enhances the ability to cope and adapt to adversity and stress



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## Music Therapy



It is proven that playing, singing, and even listening to music has a positive effect on cognitive functions.

Music therapy is especially helpful for older adults with dementia or memory issues.

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## What Exactly Does Music Do?

Listening to music causes multiple areas of the brain to function & process

Music activates the Limbic-processes emotions and memory

Music activates the Cognitive-perception, learning, and reaction

Music activates the Motor Areas



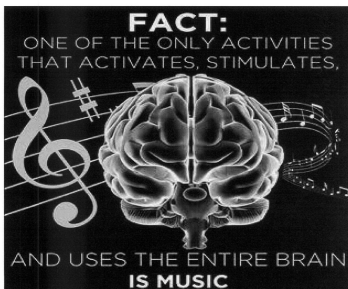
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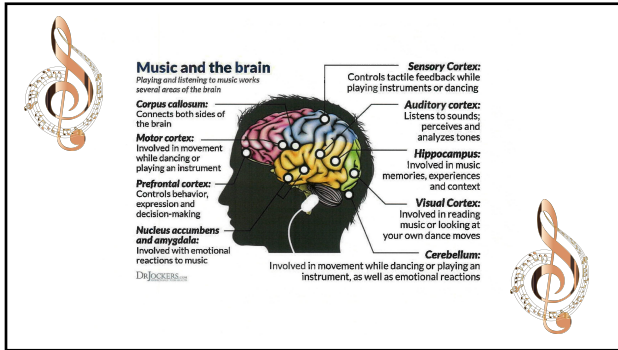
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Studies have shown that music can improve memory and concentration, as well as help reduce stress & anxiety.

Music is also used to engage in the following cognitive functions

- planning and working memory
- inhibition
- flexibility

Rhythmic music is produced by the brain's auditory cortex, which sends signals to the brain.




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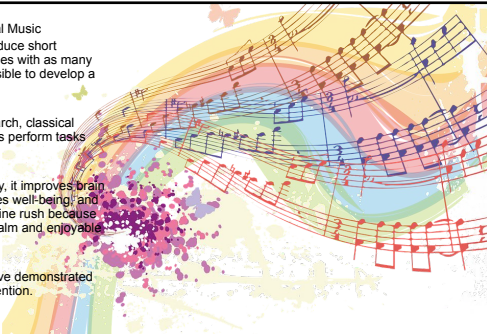
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**Classical Music**

- It is critical to introduce short classical music pieces with as many instruments as possible to develop a sense of depth.
- According to research, classical music helps humans perform tasks more efficiently.
- According to theory, it improves brain activity and promotes well-being; and stimulates a dopamine rush because the listener is in a calm and enjoyable state.
- Stroke patients have demonstrated improved visual attention.




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