

[Trahan T, Durrant SJ, Müllensiefen D, Williamson VJ \(2018\) The music that helps people sleep and the reasons they believe it works: A mixed methods analysis of online survey reports. PLoS ONE 13\(11\): e0206531. <https://doi.org/10.1371/journal.pone.0206531>](https://doi.org/10.1371/journal.pone.0206531)

**Summary by:** Harshdeep Dhaliwal

- This study conducted an online survey to determine the use of music as a sleeping aid
- The survey had four self-report scales for response questions and background information to record the participants' stress. Quality of sleep, level of musical engagement, and musical preferences
- Upon the retrieval of data, it was noted that classical, rock and pop were the top three most listened to music genres (prior to sleeping)
- The data also displayed that participants with higher PSQI (poor sleep score) used music as a sleeping aid at a higher frequency (since they engaged in music more often)
- Nevertheless, since several genres were recorded in this study, the researchers determined that songs with low tempo (60–80 beats per minute), low amplitude, and little/slow-moving change were prevalent in the participants' playlists. This suggests that songs with these characteristics stimulate sleep/relaxation
- The study also discussed the participants' opinion on music, as many considered it as a tool to alter one's state of mind (i.e. to relax, focus, or change one's mood). Other studies further support this reasoning since music has been correlated with mood regulation, as noted in the reduction of arousal and anxiety.

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**Simple terms:**

This article concluded that participants who listened to music to sleep listened to songs with low tempo (60-80 beats per minute), low amplitude, and little/slow-moving change. Since these songs induce relaxation and help regulate one's mood. Yet, because this study was observational, the music genres did vary, although the characteristics described previously were present.

**Potential Songs:**

- Sweet Night by V
- Blue Side (Outro) by j-hope
- Jamais vu by BTS
- Crying over you by Honne

- Epilogue: Young Forever by BTS
- Serendipity by BTS
- Chosen Family by Rina Sawayama
- My bad by Khalid
- Sunflower by Post Malone
- Eastside (with Hasley and Khalid)
- Beauty and the Beast by Ariana Grande
- To each his own by Talos
- August by Taylor Swift
- Everything goes by RM

**LIVELab**

Lay Summary

*Music-assisted Relaxation to Improve Sleep Quality: Meta-Analysis*

Keshini Sriarunathan

January 18, 2021

Many studies have proven that music can be used as a medium to ameliorate medical conditions associated with sleep as it promotes relaxation. Music is predominantly used as a self-help strategy to promote sleep due to its power to influence human emotions beneficially. The article, *Music-assisted Relaxation to Improve Sleep Quality: Meta-Analysis* focuses on evaluating the usefulness of music-assisted relaxation for sleep quality in adults and elders that experience trouble sleeping.

A search was conducted on various databases to gather articles focused on sleep quality. After extracting data from the included studies, the quality of each study was assessed. The results indicated a significant positive relationship between participants that complained about sleeping and sleep quality, with no side effects present.

Therefore, music-assisted relaxation can be used as a safe method to aid sleeping as it is cheap and easily accessible. Since music can decrease the frustration associated with sleep complaints, it could significantly help individuals with chronic sleep problems, whose frustration regarding sleep might be a perpetuating factor.

However, an unfortunate drawback of this method is the presence of bias in the studies, resulting in methodological weakness. The nature of this study makes blinding technically impossible. Solutions for this weakness could be increasing the sample size of participants and included reviews and restricting the inclusion criteria. In conclusion, this review found scientific support for the effectiveness of music-assisted relaxation to promote sleep quality. Since no adverse effects are reported, nurses can use these findings in their practice to promote music-

assisted relaxation. Determining the most effective form (duration of exposure, timing of exposure) of music intervention and type for different populations (e.g. adolescents, elders) are recommended topics for future studies.

**Word count:** 279

### References

- De Niet, G., Tiemens, B., Lendemeijer, B., & Hutschemaekers, G. (2009). Music-assisted relaxation to improve sleep quality: meta-analysis. *Journal of advanced nursing*, 65(7), 1356-1364.