

[Robert E. Krout \(2007\). *Music listening to facilitate relaxation and promote wellness: Integrated aspects of our neurophysiological responses to music.* 34\(2\), 134–141. doi:10.1016/j.aip.2006.11.001](#)

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- Listening to music helps to ease humans into relaxation because of the integrated ways that it is processed by the brain and body.
- Musical elements which are perceived by many listeners to be relaxing include:
 - a slow and stable tempo (pace or speed),
 - low volume level and soft dynamics,
 - consistent texture (combination of sounds and instruments),
 - absence of percussive and accented rhythms,
 - gentle timbre (sound or tone color),
 - legato (connected) melodies,
 - simple harmonic or chord progressions
- These above elements are often found in music composed for relaxation, which may be why selections representing these music styles have been used in commercial recordings marketed for relaxation.
- People also wish to have selections of varying tempi and activity levels ranging from faster and more active to slower and less stimulating.
 - It is often helpful to initially match a recording to existing levels of activity and stress in terms of the tempo of the piece and its musical complexity.

To Note:

1. Being able to design a personalized music listening and relaxation routine that can be used when, where, and how the consumer desires can empower and allow them to actively take part in their own wellness initiatives.
 - a. This routine may be enhanced when the consumer combines the music listening experience with a preferred and relaxing listening environment.
2. Having a positive attitude towards one's own health is an essential component of wellness. Choosing to listen to music on a regular basis to combat stress and enhance relaxation can be an important aspect of such an attitude.