

# Effect of Music Therapy on Sleep Quality

Areesha Umair

1<sup>st</sup> year MBBS, Islamabad Medical and Dental College, Islamabad, Pakistan

## Key points:

- Introduction
- Music Therapy
- Role of Music Therapy for Sleep Quality

## Introduction

Scientifically, music is defined as the art and science of organizing sounds in time to create a composition with a specific form, harmony, melody, rhythm, and other expressive content.

## Music Therapy Definition

Music therapy is a therapeutic approach that utilizes music to address physical, emotional, cognitive, and social needs, promoting health and well-being. It involves creating, singing, moving, listening to, and/or relaxing to music.

Goal: To improve physical, emotional, cognitive, and social functioning, and enhance overall quality of life.

Methods: It can involve various activities, including listening to music, moving to music and singing.

## Benefits of Music Therapy

**Stress and Anxiety Reduction:** Music can help calm the nervous system and promote relaxation.

**Pain Management:** Music can distract from pain and improve coping skills.

**Mood Enhancement:** Music can uplift mood and reduce feelings of sadness or depression.

**Improved Communication:** Music can facilitate communication, especially for individuals with communication difficulties.

**Enhanced Cognitive Function:** Music can improve memory, attention, and other cognitive skills. <sup>1</sup>

## Music Therapy for Sleep Quality

Music interventions could have the potential to improve sleep quality among individuals with mental health problems. Medications may result in various side effects, ranging from headaches to nervousness that may not be appropriate for all individuals. This is why alternative therapies like music therapy were developed. Present research has indicated that music can activate distinct regions of the brain, and music therapy has negligible side effects. Additionally, music can assist in falling asleep more quickly and staying asleep for a longer period of time. Henceforth, it can be inferred that music therapy could serve as a non-pharmacological measure to better the quality of sleep. <sup>2</sup>

## References

1. Shen Y. A review Investigating the effectiveness of music in improving the quality of sleep. In E3S Web of Conferences 2024 (Vol. 553, p. 05042). EDP Sciences.
2. Zhao N, Lund HN, Jespersen KV. A systematic review and meta-analysis of music interventions to improve sleep in adults with mental health problems. *European Psychiatry*. 2024 Jan;67(1):e62 <sup>2</sup>.

