

Does music boost brain activity?

[Health & Medicine](#), [Mental Health](#)



One good thing about music, when it hits you, you feel no pain. – Bob Marley

Music has always been a gateway for everyone to express their feelings, however, how can it become a great way to break through dementia and Alzheimer patients? In recent studies, it has been shown that music has the tendency to bring back memories in patients who have Dementia and Alzheimer. According to researches, there are 5 reasons why it is believed that music boosts brain activity:

Music is known to evoke emotions that bring memories. When you are able to pair music with everyday activities, patients typically are able to form a rhythm that will allow them to recall memory. It will eventually improve the cognitive ability of dementia and Alzheimer patients.

“ Musical aptitude and appreciations are two of the last remaining abilities in dementia patients.” – Linda Maguire. Since these are two abilities that stay for a long time after other abilities have passed, it’s one of the best ways to reach a patient.

Music can bring emotional and physical closeness. When a patient is in the later stages of dementia and Alzheimers, they tend to lose any emotion towards their loved ones. Most of the time when you hear a song you automatically want to start dancing, which eventually leads to hugging and kissing your loved ones. This also has the tendency to bring security and memories to the patient.

Singing is engaging. I know every time I hear a song that I know, I start singing like its nobody’s business. In the recent study conducted, it showed

that dementia and Alzheimer patients were exercising more brain power than usual, due to them singing, listening and watching the music class.

Music can shift mood, manage stress and stimulate positive interactions. I personally know that when I'm sad or angry, a way to calm me down is blasting my favorite music. It tends to soothe my stress and pain and makes me think more logically and not rationally. According to the Alzheimer's Foundation of America " When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function and coordinate motor movements." This happens because when you listen to music you usually use little to no mental processing. Since singing music does not require a cognitive function, which is usually non-existent in dementia patients, music can become vital to a patients health.