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## SURPRISING BENEFITS OF LISTENING TO CLASSICAL MUSIC

Not into Mozart, Beethoven, or Bach? If you aren't listening to classical music, you could be missing out on a number of mental and physical benefits. Don't believe us? Check out these 10 surprising benefits of listening to classical tunes.

### Decreases blood pressure



Want to keep your heart healthy? Classical music is effective at lowering individuals' blood pressure.

### Fights depression

Several studies have proven that classical music helps ease symptoms of depression and melancholy.



### Boost memory

Classical music increases brain wave activity that's linked directly to memory.



### Relieves pain

Multiple studies have shown that listening to classical music can help relieve pain. In fact, patients listening to classical music used significantly less pain medication.



### Sparks creativity



Listening to classical music gets your creative juice flowing.

### Puts you to sleep



Listening to classical music for just 45 minutes prior to bed can help improve sleep quality

### Reduces stress levels



Scientists claim that classical music's tempo is similar to the human heart, which eases both anxiety and depression.

### Makes you happy

Listening to classical music can help increase dopamine secretion, which activates the brain's reward and pleasure center.



### Supercharges brainpower



Students who listened to a lecture, in which classical music was played in the background, scored better on a test compared to other students.

### Improves productivity



A series of studies have proven that music makes repetitive tasks more enjoyable and employees more productive.

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