

How music can relieve stress

Listening to music you love can make you feel great. Research also shows that it can help you cope with stress. Several studies have shown that music has a clear effect on how the body responds to stress.

The University of Nevada, Reno says the best kind of music is the kind you enjoy. It doesn't have to be considered "relaxing" to help you feel better. Try different types such as Celtic, Native American, jazz, classical, or music with nature sounds.

Music has been shown to decrease levels of the stress hormone cortisol. It also increases key cells that fight off viruses and illnesses.

The littlest listeners

Premature infants in a neonatal intensive care unit (NICU) showed improvements in sucking patterns and heart rate while listening to music.

In addition, children who listened to music while getting an IV inserted said they felt less pain than those who didn't listen to music.

