

Title:

Music And The Brain

Word Count:

529

Summary:

Recent research on music and the brain shows that you can increase your brainpower with music.

Keywords:

music and the brain, music, brain power

Article Body:

What is the connection between music and the brain? Is it possible that music can help you thi

**Music And The Brain - The Research**

The research shows that music actually trains the brain for higher forms of thinking. Listenin

In the study, researchers followed the progress of three-year-olds, split into two groups. The

**Brain Music**

A study on music and the brain, done at UC Irvine's Center for Neurobiology of Learning and Me

Just before the first test, they listened to Mozart's sonata for Two Pianos in D Major, K. 448

Before the second test, they listened to a relaxation tape.

Before the third, they sat in silence.

The average scores for all 36 students: 1st test: 119. 2nd test: 111. 3rd test: 110.

That's an average increase of 9 iq points from listening to Mozart. It's assumed that their in

**Brain Wave Entrainment**

Your brain wave frequencies vary according to the state you are in. For example, daydreaming a

If you listen to music containing beats at a frequency of 10 Hz (in the Alpha range) it will f

This may be why some types of music have certain effects, but not all brain wave entrainment C

Whether you use "binaural beats," or just pop a Mozart CD into the player, you can increase yo

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