

Sound Research Summary

Sound Type	Clinical Study	Research Source
Brainwave Entrainment	Ability to change states of consciousness with sound.	Mount Sinai Hospital & Dr. Thompson
Nature Sounds & Music	Improvement of physiological & psychical state of patients by exposure to sound therapy.	National Hospital Copenhagen & Dr. Lars Heslet
Nature Environment	Surrounding people with nature was proven to reduce stress & improve overall health.	Texas A&M University & Dr. Roger Ulrich
Nature Scene Visualization	50 insomniacs fell asleep faster when visualizing a tranquil nature scene like a waterfall or beach.	Oxford University & Dr. Allison Harvey
Nature Sounds & Music	Music & nature sounds were shown to reduce blood pressure, heart rate, respiration rate & pain.	University Hospital of Cleveland & Dr. Deforia Lane
White Noise	White noise masking has been proven to be effective in reducing the discomfort associated with tinnitus.	National Institute on Deafness & Other Communication Disorders
Music & White Noise	Fetuses exposed to music & white noise experienced greater receptiveness & alertness as babies.	P.E. Wilkin & T. Blum, Berlin.