

TIP SHEET #3:

Why Listen to Classical Music When You Study?

- 1. Classical music benefits your brain, sleep patterns, immune system and stress levels.**
 - Heightens your emotional state, making you more receptive to information
 - Musicians use “chunking” – tying together bits of information into groups, then remembering the group as a whole instead of the individual pieces – that you can use to study
 - Emotion from a calm piece of music generalizes to help calm you.
- 2. Classical music lessens anxiety and reduces blood pressure.**
 - Other styles of music – i.e., jazz, rock, pop – don’t reduce blood pressure
 - Slows your breathing and allows you to breathe deeply
 - Relaxes your facial muscles and jaw so you don’t clench your teeth.
- 3. Classical music helps soothe sleepless nights from test anxiety.**
 - If you tune into classical music before bedtime, you may fall asleep faster and stay asleep longer
 - Its rhythms and tonal patterns create a meditative mood and slows your brainwaves
 - Restrained music creates a nice background aura.
- 4. Suggestions:**
 - Brahms, Handel, Mozart, Strauss, Bach
 - Solo piano pieces - Mozart, Poulenc, Debussy, Faure
 - String quartets give regular phrase structure
 - Guitar and lute music produce soothing tones
 - Elizabethan consort music in the late 16th century was written to create a pleasant atmosphere at court without demanding attention.