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# Benefits of Playing Music

# What are the Benefits of Playing Music to Kids & Adults at Bedtime?

If you like listening to music during bedtime, you're in great company. Great people like Charles Darwin, Albert Einstein declared, Jimi Hendrix often stated music is good for relaxing and soothing anyone regardless of their age. **Relaxing Music and Calming Vocals for Adults** can help to rejuvenate adults.

The latest study shows that listening to **Relaxing Bedtime Tunes for Toddlers** enhances a child's mental well-being and boosts her physical fitness in amazing ways. Listening to music can boost kids' IQs and even keep them sharp at a later age. Here are some wonderful scientifically-proven advantages of music.

1. Listening to **Soothing Lullabies for Babies** Makes Your baby Happier –

When anyone listens to music their brain releases a “feel-good” neurotransmitter known as dopamine.

2. Music enriches the physical performance of a person.

3. **Unwind Baby lullaby Songs** improves the mental and physical health of babies.

4. Music Helps You and your baby Sleep Better. If you are having difficulty sleeping, try music before bedtime to catch some Zs.

5. **Relaxing Music and Calming Vocals for Adults** can lessen Depression. The other time you feel depressed, turn on some meditative music to boost your moods.

6. **Relaxing Bedtime Tunes for Toddlers** Strengthens Learning and Memory/because music is the perfect language for memory.

7. **Relaxing Music and Calming Vocals for Adults** relaxes patients before and after the operation. Because it reduces pain.

8. **Relaxing Music and Calming Vocals for Adults** helps Alzheimer's Patients Remember. Music Memory works for people with Alzheimer's Disease and other age-related dementia to remember.

9. **Relaxing Music and Calming Vocals for Adults** improves recovery in brain stroke patients. Music improved healing of mental function compared.

10. **Soothing Lullabies for Babies** Increases Verbal Intelligence. No matter whether you have a toddler or an infant if you wish to boost her verbal skills, try music!

11. **Relaxing Bedtime Tunes for Toddlers** improves academic performance and IQ. To encourage your kids to achieve academic excellence.

12. Music certainly keeps the brain healthy in elderly age. Research with healthy aged adults proved that those with 10 or more years of musical habit achieved higher on mental health tests than music lovers with one to nine years of musical habit.

The non-music lover achieved the least. Business tycoon Warren Buffet remains thoughtful at age eighty-four by learning the ukulele. It's never too late to play music to keep you on the high of your business. Doesn't matter whether you are teen or old, sick or healthy, Sad or happy, listening to music can certainly enrich the quality of your life in multiple ways. It lessens anxiety and stress, boosts your mood, improves your health, cares for your sleep nicely, removes your suffering, and even turn you smarter.

Music rinses away from the heart the dirt of everyday life. Why not invest in seeking all the hidden places that music reaches so that we may proceed to gather its amazing benefits? Visit [makingmusicbyk.com](http://makingmusicbyk.com) for wonderful **Soothing Lullabies for Babies**.

## GET IN TOUCH

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