Music listening after stroke: beneficial effects and potential neural mechanisms

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Beneficial effects of music - how music affects our health and brain, including helps you to sleep better, learn and work better, heal some diseases, music effects on the brain. Besides that, patients with unilateral neglect after stroke may improve their visual attention by listening to classical music. Another benefit for stroke patients coming from listening to music is that it also promotes fine-grained neuroanatomical changes in the recovering brain. Chronic headaches & migraine remedy. Music can help people who suffer from migraines and chronic headaches to reduce the intensity, frequency, and duration of the headaches. First, our results indicate that listening to pleasant music can have a short-term facilitating effect on visual awareness in patients with visual neglect, which is associated with functional coupling between emotional and attentional brain regions. Second, daily music listening can improve auditory and verbal memory, focused attention, and mood as well as induce structural gray matter changes in the early poststroke stage. The psychological and neural mechanisms potentially underlying the rehabilitating effect of music after stroke are discussed.