



# Music to Help with...

FROM MARCOTTE PT



## Music for Relaxing:

Slow and soothing music

Slow music helps the brain to slow down activity. Soothing music decreases stress levels.



## Music for Exercising:

Motivational music with a beat to match your exercise

Motivational music helps to increase motivation to exercise. Music with a beat to match your exercise increases the efficiency of oxygen use in the body.



## Music for Sleep:

Lullabies without lyrics or in a language you do not understand

Lullabies are designed to ease you to sleep. Having no lyrics or lyrics you cannot understand helps to prevent the brain from focusing on the words instead of sleep.