

Music really can reduce that pain

A survey has recently been carried (1) into the way music affects people in pain, and (2) it seems to show is that certain songs can actually reduce the sensation of physical pain. About 40% of people suffering (3) continuous pain said that music helped them feel better, with an even higher figure (4) young people: a remarkable two-thirds of those taking part (5) reported to have said it had had a positive effect (6) their symptoms.

The type of music played appears to make less difference than might (7) imagined. Pop music, as (8) as it is fairly gentle and not too loud, is slightly ahead of classical as the favorite for dealing with pain. Researchers believe that listening to your favorite music, (9) may directly affect both your emotions and your thoughts, can have the very welcome effect of distracting you from what is hurting.