

# SOUND ASLEEP

## STATISTICS

- 1/3 UK ADULTS EXPERIENCE DISRUPTED SLEEP
- INSOMNIA INCREASES THE CHANCES OF HAVING AN ACCIDENT; 2.5 AND 4.5 TIMES
- INSOMNIA IS LINKED TO MEMORY LAPSSES, MOOD AND ANXIETY DISORDERS, OBESITY, DEMENTIA
- >100,000 TRAFFIC INCIDENTS/YEAR IN THE US ARE LINKED TO SLEEP DEPRIVATION



## THE COSTS

- UK: >£50M SPENT ON SLEEPING PILLS  
>15M SLEEP AIDS PRESCRIPTIONS
- USA: \$150BN LOSS IN ABSENTEEISM AND REDUCED WORKFORCE PRODUCTIVITY  
\$32BN SLEEP RELATED SPENDING
- COUNTER AND PRESCRIPTION SLEEP AIDS LINKED WITH HARMFUL SIDE EFFECTS, DEPENDENCY AND WITHDRAWAL DEPRIVATION

THE DEVELOPMENT OF NON-DRUG BASED INSOMNIA TREATMENTS IS A PRIORITY!  
ONE DRUG-FREE AND COST-EFFECTIVE INSOMNIA TREATMENT IS...

# MUSIC

## WHY MUSIC?

1. LONG ANECDOTAL HISTORY OF SUPPORTING TROUBLED SLEEP
2. LOW COST AND SIDE EFFECT FREE AT APPROPRIATE VOLUME LEVELS
3. PORTABLE AND ADAPTABLE TO EACH PERSON'S SITUATION AND PREFERENCES
4. CAN BE COMBINED WITH OTHER THERAPEUTIC OR PHARMACOLOGICAL TREATMENTS

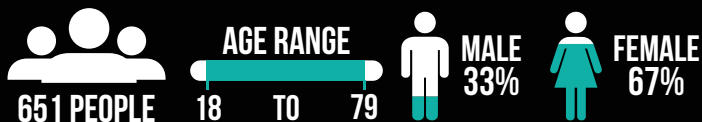
University of Sheffield, University of Lincoln, Goldsmiths University of London have embarked on a music sleep project and launched the first sleep & music survey.

## THEIR MISSION IS TO FIND OUT...

1. WHO USES MUSIC TO AID SLEEP
2. WHAT DO PEOPLE LISTEN TO THAT WORKS?
3. WHY DO PEOPLE BELIEVE MUSIC HELPS SLEEP?

## WHO?

LARGEST MUSIC SLEEP SURVEY (2016)



WIDE RANGE OF MUSIC AND SLEEP HABITS



59%

OF THE SAMPLE REPORTED THAT THEY USE MUSIC REGULARLY TO HELP THEM SLEEP

INDIVIDUALS WITH A HIGHER PSQI SCORE\* (I.E. WORSE SLEEP) AND WHO ARE YOUNGER ARE MORE LIKELY TO USE MUSIC TO HELP THEM SLEEP.

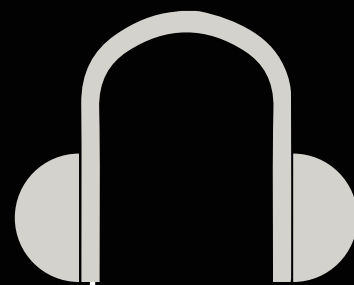
\*PSQI = PITTSBURGH SLEEP QUALITY INDEX

## WHAT?

14 DIFFERENT GENRES & 545 DIFFERENT ARTISTS NAMED

### THE TOP NAMED GENRES

1. CLASSICAL (124 USERS)
2. ROCK (42 USERS)
3. POP (29 USERS)
4. ACOUSTIC (26 USERS)
5. FOLK (20 USERS)
6. INDIE (16 USERS)
7. METAL (13 USERS)



### THE TOP NAMED ARTISTS

1. J. S. BACH (15 USERS)
2. ED SHEERAN (13 USERS)
3. W. A. MOZART (13 USERS)
4. BRIAN ENO (10 USERS)
5. F. CHOPIN (9 USERS)
6. COLDPLAY (9 USERS)



# WHY?

## REASONS TO USE MUSIC

THE MAIN CAUSE OF TROUBLED SLEEP IS STRESS/ANXIETY, HOWEVER, THERE WAS NO RELATIONSHIP BETWEEN STRESS LEVEL AND MUSIC USE. THIS MEANS MUSIC DOES MUCH MORE THAN JUST HELP US RELAX.

### STATE

Music helps support the best physical or mental state for sleep. It can slow the pace of the mind, aid focus, bring comfort, improve mood, or help clear mental activity. Music is also used to control breathing.

### PROVIDE

Music stimulates a secondary experience that facilitates sleep. This may include an influence on dreaming or giving a sense of security.

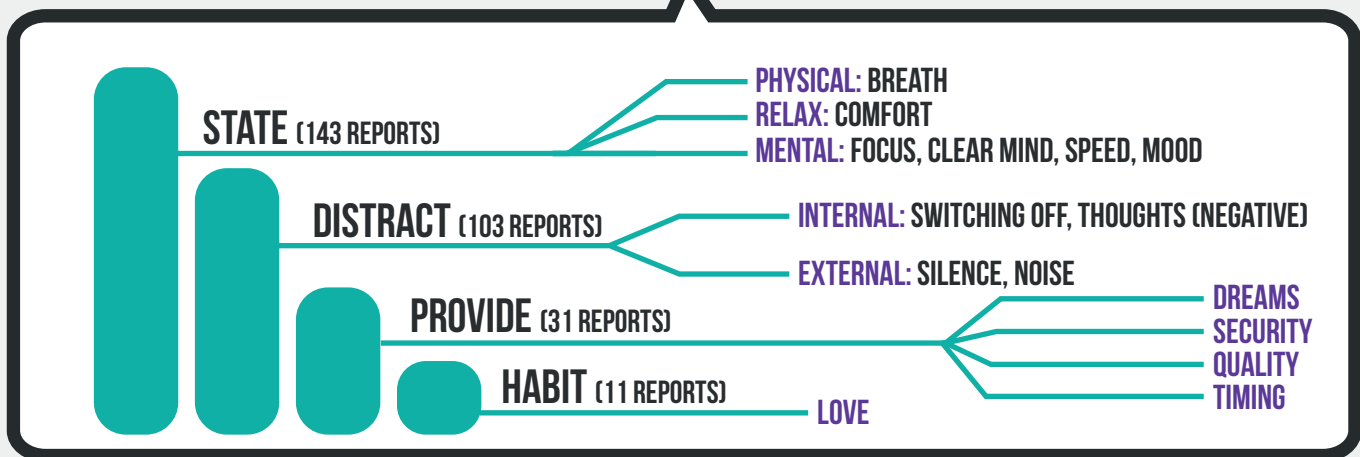


### DISTRACT

Music is used to block or prevent a focus on disturbing thoughts or sounds. Thoughts include mental reviews of the past day or unwanted future planning. Sounds include traffic, animals and snoring. Music can also be used to fill unbearable silence.

### HABIT

Listening to music is a normal habit before bed.



# NEXT STEPS

WE ARE LOOKING TO EXPAND OUR SURVEY TO COVER AS MANY POPULATIONS AND CULTURES AS POSSIBLE

**GET INVOLVED AND TAKE OUR SURVEY**

[MUSICPSYCHOLOGY.CO.UK/SLEEP/](http://MUSICPSYCHOLOGY.CO.UK/SLEEP/)

**ULTIMATE GOAL?** TO DEVELOP THE VERY FIRST EVIDENCE-BASED GUIDANCE ON PLAYLIST SELECTION, SLEEP ROUTINES, AND TECHNOLOGY FOR THE USE OF MUSIC TO HELP IN THE BATTLE AGAINST INSOMNIA.

This infographic is based on a University of Sheffield funded project conducted at the Music and Wellbeing research unit in conjunction with partners from the University of Lincoln and Goldsmiths, University of London. This document is based on the research paper "How does music help us to sleep?" by T. Trahan, S. Durrant, D. Mullensiefen, C. Mulligan, and V.J Williamson. ESCOM, Manchester, UK, August 2015

This infographic was funded by an Arts Enterprise grant from The University of Sheffield and was created by Research Retold. For more information email [contact@researchretold.com](mailto:contact@researchretold.com)



MUSIC AND WELLBEING



The University Of Sheffield.



UNIVERSITY OF LINCOLN

Goldsmiths UNIVERSITY OF LONDON