Can appropriate music help people to relax?

**first experiment:** 90 minutes of relaxation with or without sedative music
- 30 subjects
- measurement method: iPod (acceleration sensors for respiration and blue-tooth heart-strap for heartbeat)
- cardio-respirate synchrogram

Some subjects showed amazingly strong synchronisation between heartbeat and respiration:

- heartbeat seems to trigger expiration in short apnea

**second experiment:** 12 minute respiration sweep with respiration period going from 2 to 14 seconds

Discussion and conclusions
- more “perceptual” rhythms in our body than we thought
- do they influence how we perceive music?
- recent data that the awareness of our own heartbeat is suppressed, also other percepts with the same rhythm
- easy to follow breathing sound, easy to train
- slowing down gives lower blood pressure than speeding up
- as far as we have seen until now synchronisation reflects relaxation; but more work to do!