

Series: Sleep and the Rhythms of Life

Episode title: Dance Music, Wakefulness and Embodied Rhythm – Part 3

Transcript

Eric Clarke:

That gives some really interesting indicators about how it is that electronic dance music in this case can be used to kind of manipulate. If you like, people's sense of time and energy and so on. I mean, clearly this, this, this can be used for purely recreational purposes as it is in in a dance club. But do you think there are also ways I mean because you are also a medic as well as a DJ and a producer, do you think there are ways that you can see that this could be used in health applications of one sort or another?

Michael Diamond:

Yeah, I mean, definitely. I've been doing a little bit of work in the in the hospital. Where there's a great project in Oxford University hospitals called Art Link, and in that there's a music service where we go around to patients on various wards in Oxford hospitals and we just play some music of their choosing and and the some of the reactions. I get from that are really, really beautiful and some of the patients are repeat patients who I, you know, I might see every week and. The the kinds of stories like the and anecdotally, I'm hearing from their careers is that or their mood has changed in in a way that has lasted much longer than than music intervention did because we only played maybe a few tunes to them, often tracks that that they're familiar with and they have, you know, some sort of personal connection. With but that seems to have some baseline effect on their mood, which lasts a fairly long time. But of course there are so many other ways in which you can use music in healthcare, not just, you know, creating an uplifting mood or, you know, creating some sense of joy slightly more different functions is. And I know a lot of music is being used in movement disorders because it's a lot easier to move to a beat. Than without a beat and so by function of the, I guess what you were saying, the trainability of music that probably provides additional links with the motor system, which is makes it a bit easier for people with Parkinson's to recalibrate their motor systems. It's also being used in. Media ADHD, autistic spectrum disorders to increase focus and attention, amongst many other things.

Eric Clarke:

There is a, of course a a A longish history of music therapy. I mean, some people trace the use of music in this kind of therapeutic manner, back to stories from the Bible about music, the music being used to soothe people's troubled hearts and so on. And as you point out, music has been used in therapy across. A kind of range of circumstances, from people suffering from stress through to, as you say, autism and Parkinson's disease and. Do you think there are ways in which the specific kind of music that you're involved in dance music might be engaged and that perhaps perhaps has not been so much engaged up till now as it might have been other things about dance music that you think might have kind of some special value in this area?

Michael Diamond:

I think it's hard to say for me. Definitely. Therefore, for some people, I think it would be ah. Which benefit from my own experience of the hospital at work that I'm doing, the music that is chosen is music that they're familiar with, and I think people in hospitals, usually of a certain age, most people prefer the music that they're listening to between 15 and 25, so. I haven't seen that much electronic music being used in healthcare settings.

Eric Clarke:

Yeah. I mean, I think it's a really interesting point that the. It does seem that the music that people are exposed to at this kind of critical point in their lives back to the rhythms of life actually, isn't it that this critical point of their lives between the age of about 15 and 25 seems to have this kind of very special grab value for them. And as you point out, since music therapy. Has perhaps been used. Quite extensively with people who are in an older age bracket for them, electronic dance music is not something that that was probably going on at that point in their lives. But as you point out with younger participants, younger clients, if you like, this music will be the music of their 15 to 25 period of life. And so it does seem as though we should be much more open to the fact that this kind of music for some people will be the central music of their lives, and therefore it it has to be a kind of music that people in in healthcare setting, music therapists or other. Are more aware of and more you're able to use and and that we don't regard it as being only a music of of a kind of rather, you know, decadent club kind of scene, but this this is music that is just as legitimate in healthcare setting. As is the tunes of ABBA and The Beatles and whatever, which tends to be the kind of music, perhaps that an older age group ask.

Michael Diamond:

For yeah, there's clearly a massive patient population that will love electronic music and that will. Derive a lot of benefit from that.