

Series: Sleep and the Rhythms of Life

Episode title: Dance Music, Wakefulness and Embodied Rhythm – Part 4

Transcript

Michael Diamond:

Another thing on. Using music in healthcare purely from my own experiences of listening to music, dance, music, I'd say is a sub category of electronic music more broadly and I think there's loads of electronic music that I listen to that I would not play in a on a dance floor because I don't think it's particularly energising, but it's obviously. Still has a lot of the features that dance music has in that, you know, loopable rhythms contrast, you know, all all of these things, but. There's these certain tracks for me which really help me enter a sort of really pensive, introspective headspace which just provides me time to think about stuff that's happening in my life or more peripherally, and I think that there is some some therapeutic value in that. I've experienced it myself and perhaps if that's done in a more formalised way in the clinical world, that could provide some benefit using electronic music, certain features of it are really conducive to these super introspective deep listening states.

Eric Clarke:

I think that's a really interesting point because there is in fact a a kind of reasonably well known music therapy method devised by a woman called Helen. Bonnie called the guided imagery approach, which is indeed to use music to help people, to kind of go through an introspective kind of guided journey, if you like, in a in a kind of internal mental space. Which indeed has been shown in in some circumstances to have important therapeutic. Think benefits. So I think it's, I mean this has been a really interesting conversation, Michael. And I think what's really fascinating is to see the ways in which music can be involved in these kinds of well in these rhythms of life from the very micro scale of the way. In which? You know the local rhythms of music can become. Being trained upon. The moment to moment dance movements of individuals and a crowd to the kind of contagious effect in which that can cause a whole groups of people, large groups of people to be highly synchronised and kind of socially bonded, and then to maintain these kind of excited wakeful states over periods of hours or through to this very large. Scale sense of the the the kind of music and the rhythm of life that that it is the music that we hear at critical points in our lives across the whole lifespan that can also have these important psychological and medical effects on on our well-being so. We've talked a lot about the ways in which music then can on the dance floor in particular, can be used to arouse people, to attract their attention, in a sense, to throw them with with positive energy. But can we see a way in which that could be kind of turned around, so that actually perhaps by kind of inverting, if you like, some of the processes that are? That you've been talking about, Michael, that we could help people to who who have sleep problems to to, to have better sleep.

Michael Diamond:

Health, you know, wakefulness and sleep is a spectrum, and I think, yeah, it might be that a lot of sleep disorders are characterised by poor sleep, but their wakefulness is also affected. And it might be that at certain times in their life you might use music that is more sleep inducing to help them

with the sleep side of it. But you might use more wakefulness music to help with the the wakefulness aspect. So it's not just the sleep that you're concerned about. They they they will both have an effect on each other.

Eric Clarke:

And perhaps. You know what we can see is this that if there are musical devices that. Attract attention and increase arousal. Then it is those things that we need to eliminate from the kind of music that we need in order to get to sleep. So going back to lullabies, what a lullaby does is to make sure that the music involved in the lullaby does not arouse, does not attract too much attention, and what it does. Is to be extremely, highly predictable. Just on that, just as dance music might rely on. Increasing a kind of expectation that something is going to happen and then to provide that thing happening in a kind of big and loud and energy inducing way that what a lullaby needs to do or what any kind of sleep inducing music needs to do is to make sure that things do not attract too much attention, that what they do. Mask the sounds of the rest of the environment and provide a calming and soothing and highly predictable context in which a person might be lulled into the the kind of low energy state that's associated with managing to get to sleep.