Binaural beats are an auditory experience in which two different frequencies of sound produce a phantom third. Literature shows these sounds can improve mood and learning and reduce anxiety. This review investigated the benefits of binaural beats and their potential to improve the moods of adults with mild to moderate cognitive impairment. Implications for the present study are discussed.

Objectives

To conduct an extensive review of literature regarding the application of binaural beats in mood improvement and anxiety reduction.

Related Findings and Examples

1. Binaural beats reduced anxiety prior to a dental operation (Isik et al, 2017)
2. Beta-frequency improved mood and task performance, and yielded psychomotor improvements. Since movement and coordination that may be lost in some forms of neurodegenerative disease, this is also a significant finding (Lane et al, 1998)
3. 15 Hz binaural beats increased accuracy of responses, strengthened cortical networks which impact plasticity (can overtake functions of other cells), speech, tasks and learning (Beauchene et al, 2017)
4. Binaural beats imbedded into ocean sounds improved Working Memory Capacity (Kraus et al, 2015)
5. People with a lower eye-blink rate (EBR) benefitted from binaural beats. EBR is connected to flexibility (as ascertained by naming uses for household objects) (Reedijk et al, 2013)
6. Theta-binaural beats suppressed pain severity, which is also a symptom of select neurodegenerative diseases (Zampi, 2016)

References


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