

- A study by the University of Florence has shown that listening to classical, Celtic or Indian music for 30 minutes a day for one month led to significant reductions in blood pressure.
 - *New Scientist* reports that the scientist and author of *The Singing Neanderthals* decided to take a year of singing lessons and to track any changes in his brain via MRI. The scans showed significant signs of enhanced activity after the lessons - particularly on the right side of the brain.
 - Australian Music Therapy Association has found increasing evidence that participation in music helps autistic children to develop language skills, flexibility and confidence.
 - A study from the University of Western Sydney has found that young adults with acute schizophrenia who participated in music showed significant improvement and recorded decreases in irritability and manifest psychosis, stress anxiety and depression.
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- Singing can help map alternative neural pathways to speech for those with brain injuries and those patients battling emotional trauma - University of Queensland
 - Music may exert healing and sedative effects partly through a paradoxical stimulation of a growth hormone usually associated with stress, says Dr Claudius Conrad of Harvard Medical School. (*Critical Care Medicine*)
 - A University of Illinois study has found that a child with Lennox-Gastaut syndrome, a rare form of epilepsy, had fewer seizures while exposed to Mozart's Sonata in D Major for 10 minutes every hour. Another study at the university found changes in brain activity in 23 out of 29 cases when Mozart was played.