

Singing for the Health of It

- **Singing lowers blood pressure**
 - Singing can decrease blood pressure due to its calming and relaxing effect. Hospital patients have been able to calm themselves down and lower blood pressure by singing.
- **Singing strengthens the immune system**
 - According to research conducted at the University of Frankfurt, singing boosts the immune system.
- **Singing is a workout**
 - For seniors, disabled, or injured, singing can be an excellent form of exercise. Even if you are healthy your lungs will get a workout as you employ proper singing techniques. Other benefits of singing include a stronger diaphragm, abdomen and back muscles. You also exercise your facial muscles in unique ways when you sing making your face look more energetic and lively.
- **Singing improves posture**
 - Standing up straight is part of correct technique as you are singing, so with time, good posture will become a habit. A
 - Singing helps with sleep
 - According to an article in the *Daily Mail Online* experts believe singing can help strengthen throat and palate and muscles, which helps stop snoring and sleep apnea. Both conditions can significantly effect a good night's sleep
- **Singing is a natural anti-depressant**
 - Singing is known to release endorphins, the feel-good brain chemical that makes you feel uplifted and happy. It also releases the hormone oxytocin, known as the "cuddle hormone" because it is also released when people cuddle up. In addition, scientists have identified a tiny organ in the ear called the sacculus, which responds to the frequencies created by singing. The response creates an immediate sense of pleasure, regardless of the quality of the singing. Several studies have shown that singing in a chorus decreases depression in many adults.
- **Singing lowers stress levels**
 - Singing releases stored muscle tension and decreases the levels of a stress hormone, called cortisol, in your blood stream.
- **Singing improves mental alertness**
 - Singing can improve your overall brain function and help you think a little clearer. Improved blood circulation and an oxygenated blood stream allow more oxygen to reach the brain. This improves mental alertness, concentration and memory.
- **Singing can widen circle of friends**
 - One of the unexpected health benefits of singing is that it can improve your social life. The bonds you form singing with others can be profound, since there is a level of intimacy naturally involved..
- **Singing broadens communication skills**
 - Singing can mitigate the effects on language of stuttering, Parkinson's disease and autism.
- **Singing leads to a longer life**
 - A joint Yale and Harvard study showed that for some people living in New Haven, Connecticut, choral singing promoted healthy minds and hearts, which increased life expectancy.