

就寝時にヨガ音楽を聴くことは心臓によい (Abstract P4488)

ヨガ音楽は睡眠前の心拍変動に有益な影響を与える

Yoga music has a beneficial impact on heart rate variability before sleeping

就寝時にヨガ音楽を聴くことは心拍変動に有益な影響を与える、とESC Congress 2018で発表された。スタディには健康者149人(平均年齢26歳)が組み入れられ、別々の夜に3つのセッション(睡眠前に癒しのヨガ音楽;睡眠前に一定テンポのポップミュージック;睡眠前に音楽のない静かな状態)に参加した。心拍変動はヨガ音楽で増加、ポップミュージックで減少、さらに静かな状態で有意な変化はなかった。不安レベルはヨガ音楽の後に有意に低下し、ポップミュージック後に有意に上昇、さらに音楽なしのセッション後には上昇した。

Full Text

Listening to yoga music at bedtime is good for the heart, according to research presented at ESC Congress 2018.

Dr. Naresh Sen, study author, Consultant Cardiologist at HG SMS Hospital, Jaipur, India, said: "We use music therapy in our hospital and in this study we showed that yoga music has a beneficial impact on heart rate variability before sleeping."

Previous research has shown that music can reduce anxiety in patients with heart disease. However, studies on the effects of music on the heart in patients and healthy individuals have produced inconsistent results, partly they did not state what style of music was used.

The body's heart rate changes as a normal response to being in "fight or flight" or "rest and digest" mode. These states are regulated by the sympathetic and parasympathetic nervous systems, respectively, and together comprise the autonomic nervous system. High heart rate variability shows that the heart is able to adapt to these changes. Conversely, low heart rate variability indicates a less adaptive autonomic nervous system.

Low heart rate variability is associated with a 32–45% higher risk of a first cardiovascular event. Following a cardiovascular event, people with low heart rate variability have a raised risk of subsequent events and death. Failure of the autonomic nervous system to adapt may trigger inflammation, which is linked to cardiovascular disease. Another possibility is that people with low heart rate variability already have subclinical cardiovascular disease.

This study investigated the impact of listening to yoga music, which is a type of soothing or meditative music, before bedtime on heart rate variability. The study included 149 healthy people who participated in three sessions on separate nights: soothing yoga music before sleep; pop music with steady beats before sleep; and no music or silence before sleep at night.

At each session, heart rate variability was measured for five minutes before the music or silence started, for ten minutes during the music/silence, and five minutes after it had stopped. In addition, anxiety levels were assessed before and after each session using the Goldberg Anxiety Scale. The level of positive feeling was subjectively measured after each session using a visual analogue scale.

The average age of participants was 26 years. The researchers found that heart rate variability increased during the yoga music, decreased during the pop music, and did not significantly change during the silence.

Anxiety levels fell significantly after the yoga music, rose significantly post the pop music, and increased after the no music session. Participants felt significantly more positive after the yoga music than they did after the pop music.

Dr. Sen noted that holistic therapies such as music cannot replace evidence-based drugs and interventions, and should only be used as an add-on.

He said: "Science may have not always agreed, but Indians have long believed in the power of various therapies other than medicines as a mode of treatment for ailments. This is a small study, and more research is needed on the cardiovascular effects of music interventions offered by a trained music therapist. But listening to soothing music before bedtime is a cheap and easy to implement therapy that cannot cause harm."

SOURCES OF FUNDING: None.

DISCLOSURES: Nothing to disclose.

Conference News

[News 01]

一次予防に対するアスピリンの価値に関する様々なメッセージ

[News 02]

糖尿病における一次予防に対しアスピリンは必要ない

[News 03]

HDLコレステロール値が非常に高いことは有害である可能性がある

[News 04]

降圧薬により長期生存率が改善する

[News 05]

魚油は糖尿病患者における心血管イベントを予防しない

[News 06]

持久系アスリートにおいて左房線維化増加が認められた

[News 07]

左心系心内膜炎において経口抗菌薬への切り替えは安全である

[News 08]

心房細動における併用療法に疑念が生じた

[News 09]

タファミジスは心アミロイドーシスの死亡率を低下させる

[News 10]

心房細動患者において未知の脳障害が認められた

[News 11]

小径冠動脈病変に対するバルーンとステントの比較

[News 12]

フェブキシスタットは高尿酸血症患者の有害事象を減少させる

[News 13]

悪化する心不全においてトロンビン阻害薬は無効である

[News 14]

抗肥満薬は心血管イベントを増加させない

[News 15]

認知機能検査で認知症リスクの高い高血圧患者を同定できる

[News 16]

就寝時にヨガ音楽を聴くことは心臓によい

[News 17]

たこつば心筋症患者においてがんは予後不良と関連がある

[News 18]

抗凝固薬による出血はがんと診断されるリスクを上昇させる