

Paycare

Everyday Health Cover since 1874



The Science of Singing

A HEALTH & WELLBEING GUIDE

The Science of Singing



Who knew that singing (in tune, or out of tune) can be so good for our health?

Well for one, according to a recent study, singing boosts the immune system's proteins, which the body uses to battle serious illnesses including cancer. So, raise your voice and sing 'till your heart's content, because the benefits are endless!



Endorphins Release

Singing can have the same effects as exercise and can take the strain off the immune system by using resources which can **fight against even the most serious of illnesses and diseases**. The endorphins released as a result of singing can make you feel instantly uplifted and happier.



Oxytocins Release

Singing also releases oxytocins, which is a natural stress reliever and can be found to **alleviate feelings of depression and loneliness**. In fact, a study published in ECancer Medical Science which tested the saliva of choir members before and after singing found that those suffering the most from depression experienced the greatest mood improvement after just an hour of singing.



Better Rested

And due to the stress levels in the body decreasing as a result of singing, you can rest assured that a much **better night's sleep** is on the cards.



Reduced Risk

Various tests have also shown that singing can **reduce the risk of developing heart diseases** – which is responsible for a quarter of all deaths in the UK (so it is a very powerful thing to do!).



In-Sync Singing

When you sing with someone else too, your heart rates can actually become **synchronised**!

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Posture Improvement

Because you have to stand tall to really belt it out, your **posture will improve** and you'll gradually appear more confident!



Safety and Confidence

If you sing in a group, such as a choir or even a Barber Quartets, your **confidence and feelings of safety** will increase too!



A Great Workout

Getting your lungs working, improving your circulation, and toning your abdominal and intercostals muscles – **it can do it all!**



Healing Power

Singing has been proven to help people **who are already sick** – even just a small hum can open up sinuses and respiratory tubes



Brain Power

All in all, singing is a great activity **for your brain to engage in** and will enhance mental awareness, concentration and even memory!



Better Breathing

Singing can produce the **same effects as yoga** by activating greater control of breathing patterns, which can help cope with various lung diseases



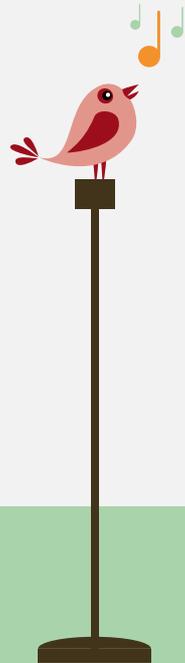
All-Natural

It's also been used as an **all-natural way** of helping to treat dementia, lung cancer, depression, and chronic pain

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We help individuals, families and businesses protect themselves against everyday healthcare costs and bills. Surplus profits are reinvested in policyholder benefits and charitable causes.



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