Getting a Sound Night Sleep – An exploration on the effectiveness of Consciously Designed Music Track 'Somnus X'

Abstract

Sleep-related difficulties problems affect over 50% of people worldwide. In some countries people get less than 5 hours sleep a night. Getting a poor night's sleep affects all areas of your life, work and relationships as well as your mental and physical health and wellbeing. A research programme was conducted at The British Academy of Sound Therapy (BAST)to discover:

- More about the quality and duration of people's sleep

- How their sleep affected their life, health and wellbeing

- Whether a music programme designed specifically to enhance sleep was effective

- If so in what ways?

SOMNUS X is a 10-minute piece of Consciously Designed Music (CDM) composed by Lyz Cooper, sound therapy researcher and founder of (BAST) composed specifically to help induce sleep. The aim of the study was to find out if SOMNUS X made a positive impact on participants' sleep over a 7 day period.

A worldwide call out for participants through social media networks invited individuals that considered themselves to have serious sleep difficulties to take part in a 7-day music listening programme. N=88 took part in the study. Participants answered a questionnaire based to discover quality and duration of sleep and the impact of sleep on health, wellbeing, relationships and work/productivity before and after 7 days of listening to SOMNUS X. Participants could listen to the track several times during the night and/or as needed.

41% of participants felt they definitely had a sleep problem, 45% sometimes had a sleep problem and 14% felt they did not have a sleep problem but were still kept in the study. The findings showed that the difficulties decreased by the end of the study. Interestingly some of the categories seemed to increase post-test but this was due to participants selecting 'slightly' as opposed to 'severely' with sleep difficulties, for example. The results were very encouraging. At the end of the questionnaire people were invited to comment and SOMNUS X received comments such as.

> *It's a fabulous,well-crafted piece of music! Mary stokes. Canada*

> *The track is a beautiful tool for falling asleep to and allowed me to find peace when falling asleep rather than having constant thoughts making me anxious and frustrated. Grace, Portsmouth UK*

> *The track was enriching on so many levels with its cacophony of sounds and noises that enabled a really deep positive sleep to occur. Felt bouncy and alive the next day .... ready to tackle any challenge I faced. Amanda Harrison UK*

SOMNUS X has really helped me fall asleep more quickly and feel relaxed. It also helped if I woke up in the night. I'd recommend to anyone having issues getting to sleep. Sara, Portsmouth, UK

Beautiful to listen and successful in effecting good quality sleep and all the associated benefits. Richard F - Glasgow

Several people commented that they would prefer a longer so there are plans to create a 45-minute SOMNUS trac soon. As there was a marked decrease in people experiencing sleep difficulties future studies will include a separate '0' nights category so the number of people that no longer had sleep difficulties when listening to SOMNUS X can be measured.

Results and Analysis

How many nights a week do you have difficulty with your sleep?
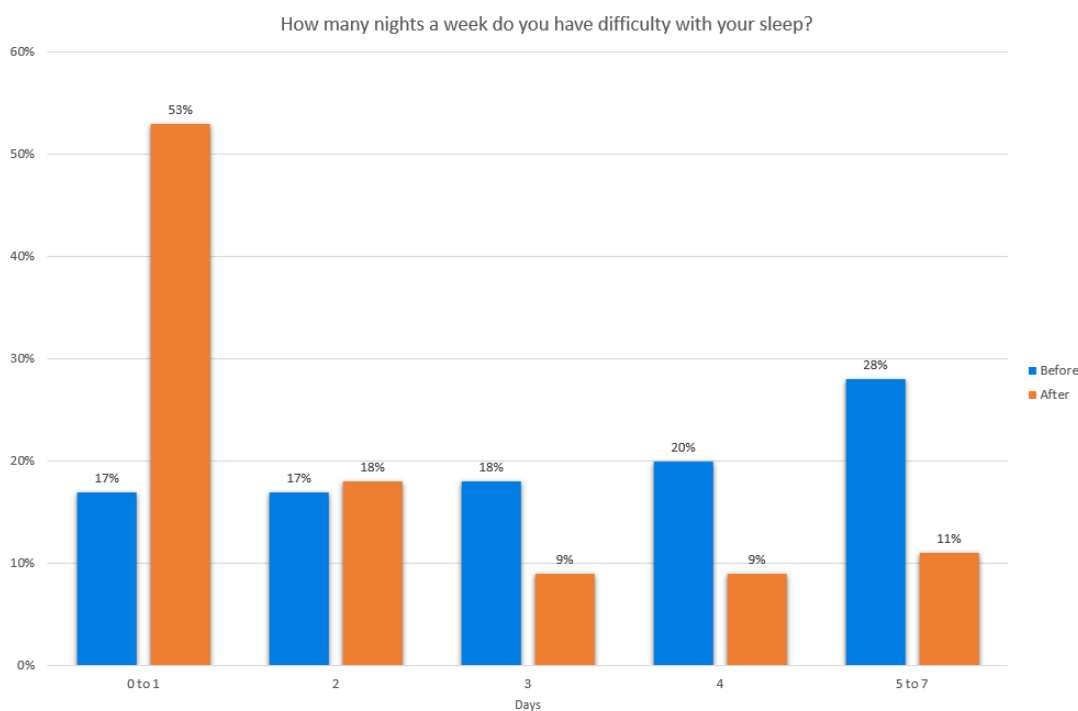
How many nights a week do you have difficulty with your sleep?
After listening to SOMNUS X over a 7- night period the number of people in the study experiencing sleep difficulties for 5 – 7 nights a week reduced by 40%. The number of people experiencing sleep difficulties for 3 – 4 nights a week halved. In the post-test questionnaire a sharp increase in people experiencing sleep difficulties for only 0 - 1 nights was observed. This was due to the number of people getting a better quality of sleep during the study.
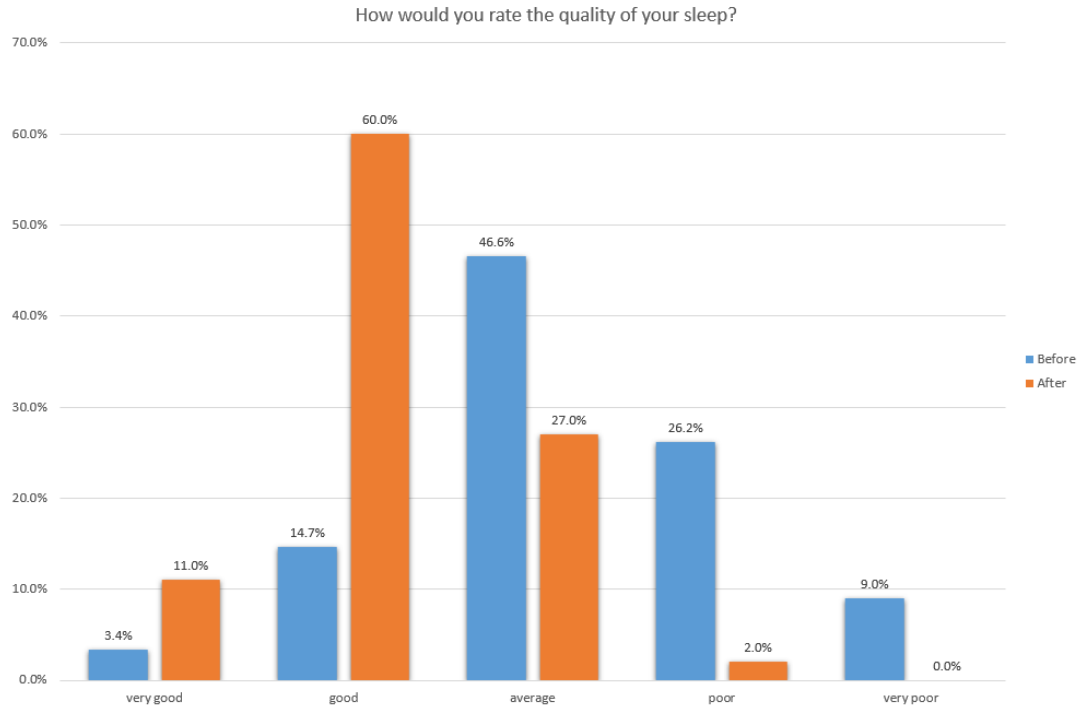
How would you rate the quality of your sleep?

There was a 175% increase in people's perception of their quality of sleep after listening to SOMNUS X over a 7 - day period in the very good category, and a 400% increase in the number of people perceiving their quality of sleep as 'good'. The 'poor' category dropped considerably and the 'very poor' reduced to zero.
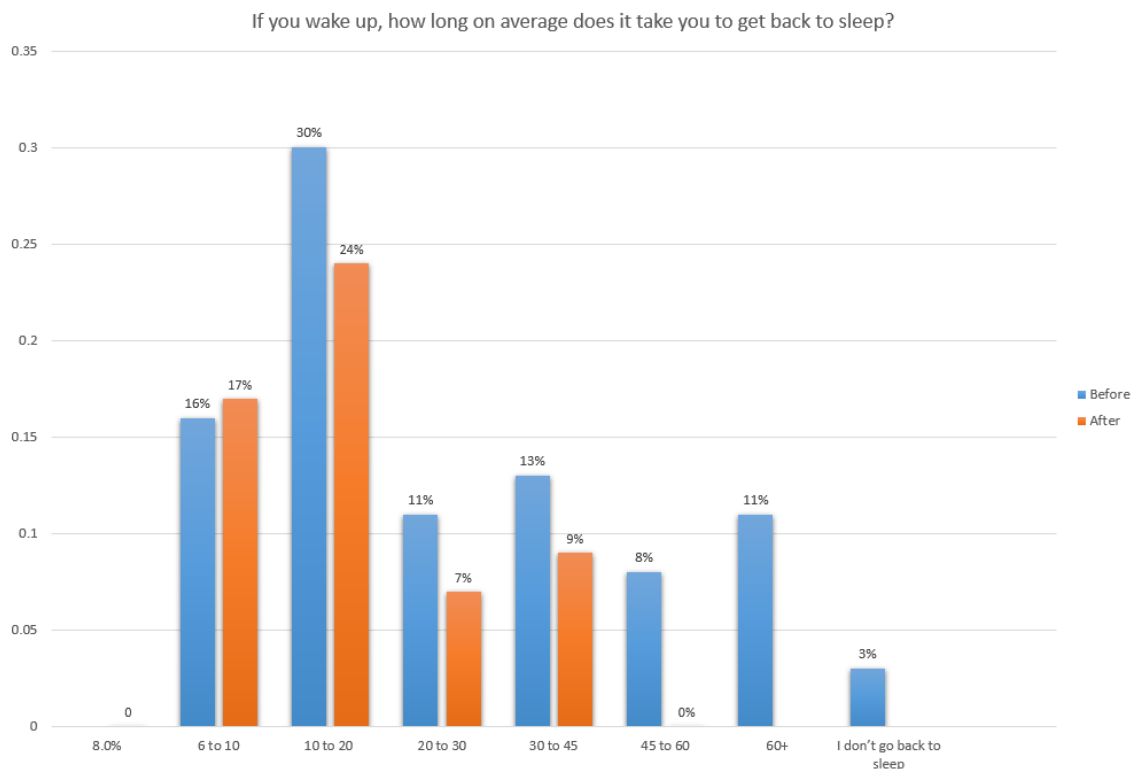

If you wake up, how long on average does it take you to get back to sleep?

We can see from the above results that the majority of people took 10 – 20 minutes to get to sleep and that this figure reduced as the study went on, however no one in the study took longer than 45 minutes to get to sleep after listening to SOMNUS X, which was an improvement.

My sleep problems our affecting my health
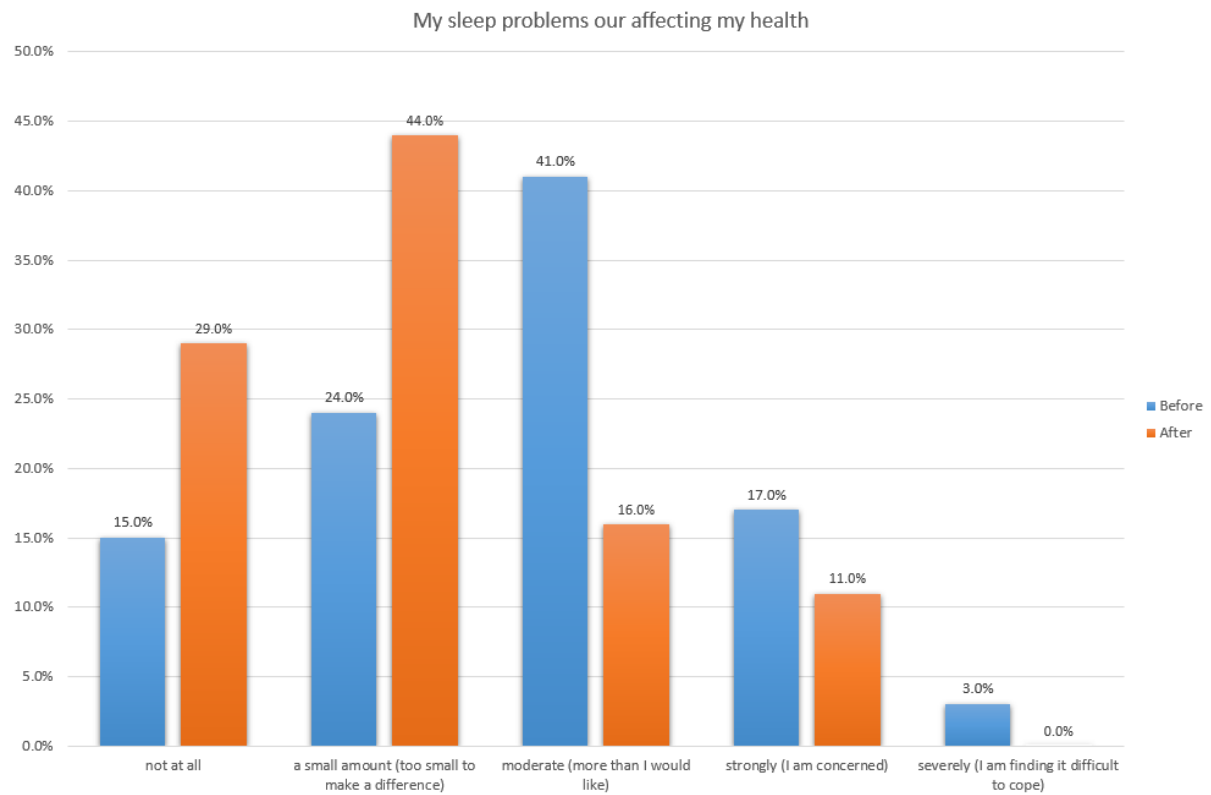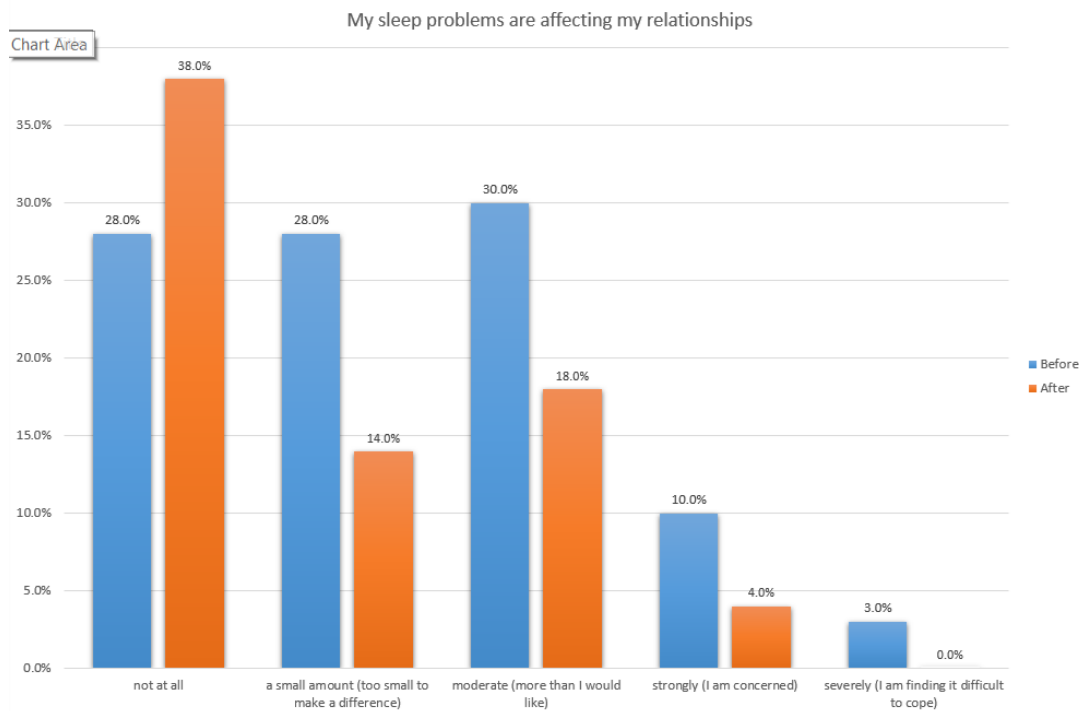

My sleep problems are affecting my health

The number of people that felt that their sleep no longer affected their health increased from 15% to 29% and no one in the study felt that their sleep was severely affecting their health anymore. There was an increase in the number of people who felt their health was affected a small amount - the reduction in the 'moderate', 'strongly (I am concerned)' and 'severely' categories could account for this.

My sleep problems are affecting my work
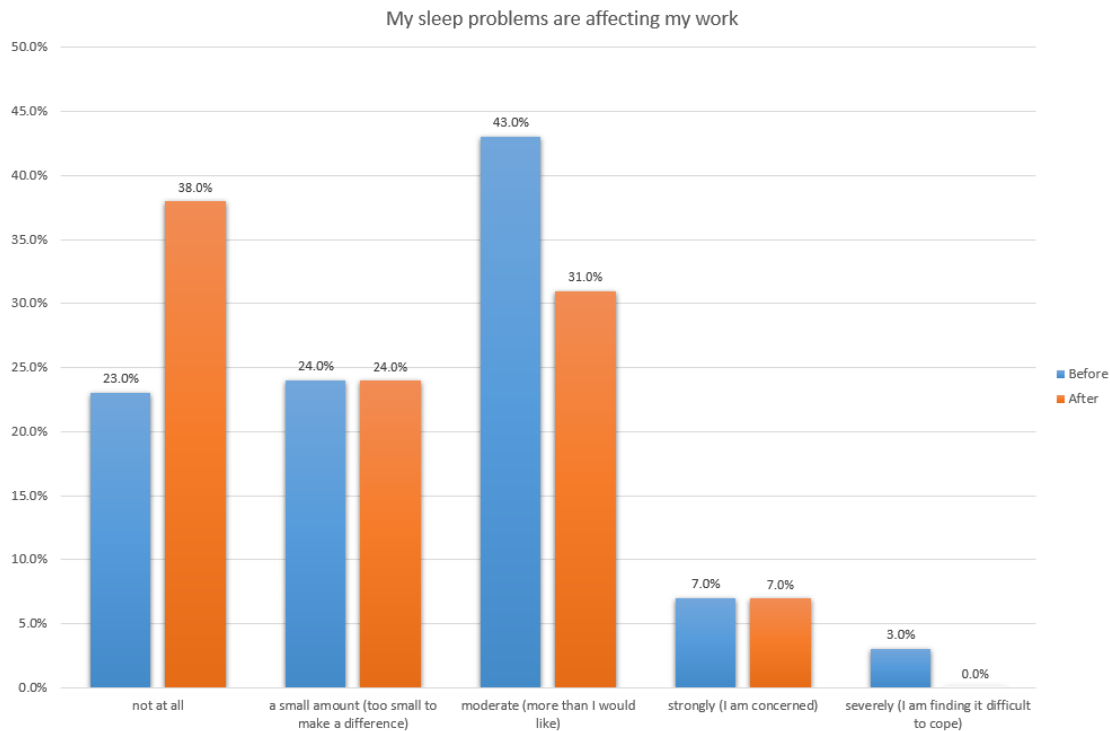
My sleep problems are affecting my work
Once again, we observe the degree that sleep issues are affecting a person's work reducing as they go throughout the week.

My sleep problems are affecting my well-being

Chart Area
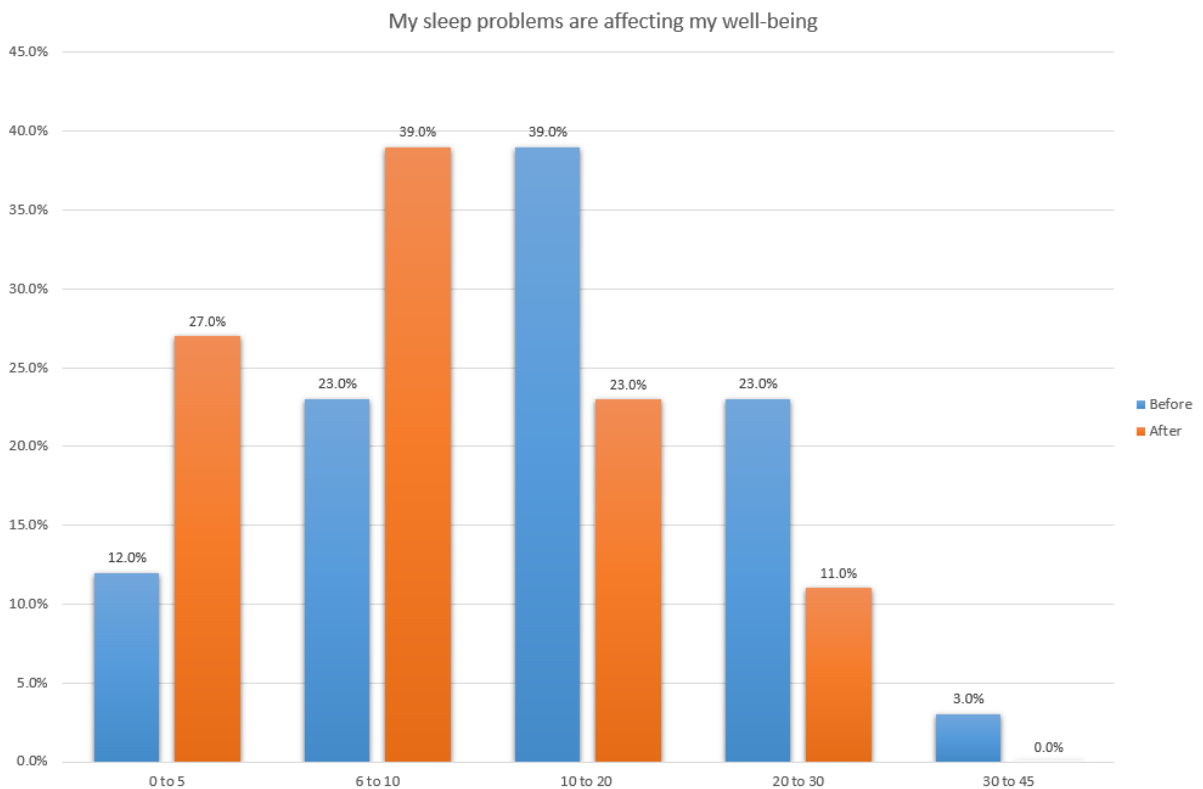
Sleep problems are affecting my well-being and relationships

Although these questions were asked separately, a similar pattern was observed to all of the other data in the study. The difficulties reduced as the week went on.

Limitations
With all research there can be a reduction in numbers as the study continues. This could be due to many factors – they didn't like the music, couldn't find the time, didn't feel it was right for them etc. It would be good to be able to control the pre-post test more from this perspective and to do this we would need to be able to identify participants and remove the results from those that dropped off at the end.