

# Effectiveness of Music in Sleep Therapy Amongst the Elderly

Shuai Peng

*School of Management, University College London, London, UK, WC1E 6BT  
popopengs@outlook.com*

## ABSTRACT

Various sleep patterns are experienced by persons in quite varied age groups. The reality that one receives overwhelming items as they expand over time makes the fact that the sleep habits might be disturbed. With the aged, the loss of sleep is a regular issue and the part that pharmacological therapy is fairly stressful there is a need for the therapy to be non-medical. Music is one of the therapy approaches and how effective it is as well as how does therapy integrate music in the therapy is also another subject that is crucial. Music is effective as it generates a soothing impact and that makes it successful. Sleep quality is one of the elements that a therapist checks while trying to treat insomnia amongst the older population with music. According to the findings of the study, music therapy music therapy for insomnia relief through music is useful in enhancing the quality of sleep among elderly persons. As a result, music therapy can be prescribed in nursing homes and other settings to aid patients and family members with sleep disorders.

**Keywords.** *Therapy, insomnia, music, sleep quality.*

## 1. INTRODUCTION

At all seasons of life, sleep is crucial for maximum health. The necessity for restorative sleep is not age-related, and it should not be considered to decrease as people get older. Some differences in sleep may be regarded common as people become older; but, natural alterations should not lead to personal displeasure with sleep amount or quality. Sleep interruptions in older adults can be unpleasant owing to safety issues, an increased chance of falls and injury, and a terrible impact on the wellbeing of bedroom companions and caregivers, in addition to a negative impact on health and quality of life. With older age comes the lack of sleep amongst the individual who is heading into old age. There are medical procedures that assure that the sleep an old person gets is just enough and even relevant to their age. With old age, medicinal solutions are not really the greatest approach to ensure that the elderly patients recover, and so the non-pharmaceutical techniques are the ways that most therapists propose to help in the treatment of insomnia, to be precise. Most therapeutically developed papers propose that insomnia is addressed through listening to music for a period of not less than four weeks. A constant four weeks of listening to music will always ensure that recovery from insomnia is achieved gradually inside the sleep period of the senior person. According to how

insomnia is characterized, early morning awakening, difficulty in commencing and maintaining sleep, and also having difficulties in regaining sleep, music being a non-pharmaceutical remedy can aid mainly in concerns lacking initiating and sustaining sleep.

Since three-thirds of the lives need to rely on sleep, a lack of sleep can actually lead to large neurological pressure. Recently insomnia has been classified second in the causes of neurological visits behind headaches. The impacts of sleeplessness can be seen across the economic life of an individual, poor productivity, and even an increase in the accidents rates. This paper will focus on the effectiveness of music in the treatment of insomnia amongst the elderly. The lack of sleep is encountered amongst the elderly for the fact that it is a side effect of several of the behaviours that might be an extension throughout time. Therapy has slowly been promoting the use of music over the use of pharmacological prescription in the treatment process of lack of sleep amongst the elderly. Over the years, the immunity of an elderly person grows weak, and the pace at which the body of such a person can respond to medicine is very low. Even if drug-based therapy is what is employed to minimize the bad character of the disease at the time, with ongoing visits and schedules from the therapist, non-pharmaceutical remedies are always selected for as the body has slowly been changed into

sleep procedures. According to Straten et al. (2017), it is now a significant issue to have non-pharmaceutical sleep management alternatives as the medical answer just continues to tax the immunological system of the aged person [1]. It is vital that we take a look at the affective character of music as its non-verbal nature provides a communication medium whereby the words are not of the essence, but the feeling is the key focus. The fact that music generally strives to synchronize the sensations between the perception and the system that is involved with actions, the chance that the method will be beneficial in the treatment of insomnia is considerable. The fact that the approach is constantly associated to the relaxing system likewise and in turn, the relaxing system generally interacts with the brain, which controls the sleep, it is probable that the efficiency will be high. Music also offers the advantage of being easily available, fairly inexpensive, and an implementable way.

This article will organize the previous research experiments and discuss the role of music in insomnia around the following five main issues..

- Is there a difference of individual sleep quality before and after music therapy?
- How successfully is the procedure applied and are there limitations that occur with the treatment method?
- For how long does the therapy solution supply the solution?
- What mental consequences does the approach create that help in the sleep depravity?
- How helpful is music therapy for the elderly?
- Is a substantial association between the post level of sleep quality?

## **2. SLEEP THERAPY AMONGST THE ELDERLY AND ITS COMPLICATIONS**

Sleep has been a very crucial element of human life, and its absence has been recognized to be the principal cause of several of the mental processes that turn out in old age. According to surveys that have been done recently on how effective the sleep pattern of an individual is, the results say that in the age group of persons who are inside the age 65 and above, they have a sleep deprivation equivalent to fifty percent of them [2]. That is quite a very enormous figure that the study mandates to be suffering from sleeplessness, and medical-based therapy is not operating in the best advantage of the disease. Hypnotics are amongst the medicines that are used in the treatment of the lack of sleep amongst the elderly and the proportion of senior persons who routinely take hypnotics is 16-22 percent. The biggest negative effects that hypnotics have are that they create a lot of affects in the daytime, and the tolerance to the medicine is quite unhealthy. According

to Hutton et al. (2015), the reliance on the medicine is always very high once the patient is consistently prescribed the prescription [3]. The safety that is listed from the usage of such hypnotic drugs is quite low and yet not fully established, according to the study. In line with the kind of effects that the medications cause, the effectiveness of music in the therapy of the drug is extremely high, and that has caused very good concerns in the studying of the music effectiveness.

According to Straten et al. (2017), the effects of the music are still not established since the music taste actually has a very major influence in the efficiency of the music in the therapy of the elderly [1]. The cognitive function of the patients, especially the elderly, also plays a very important influence in the effectiveness of the dysfunctional state of the human mind at old age [4]. With music, the disruptive behaviours that the elderly person's experience has directed to the patient's music action centre, which in turn works with the perception and stimulates sleep from the initiation point to the sustaining of the sleep. Music fight against the rebellious tendency of immunity in old age, which is what the therapy aims to focus on. [1]. The biggest issue that comes with the employment of music during the therapy is the establishment of the best type of music that will work in favour of the beginning of sleep and realizing the kind of music that will work in the maintaining of sleep. Insomnia generally generates the agitation that comes noise, and music always works in favour of the agitation and therefore, the effectiveness that comes along with the usage of music is extremely great. If the old person is placed on a condition where he or she is very comfortable and wants to rest, then the best results will be acquired as the patient is always triggered by a relaxing process kind of music that will help establish the sleep [4]. With regular usage of the non-pharmaceutical technique, long-term benefits are obtained in older adults, and there are extremely beneficial results, notably in the maintaining of sleep throughout the older adults' lives. In comparison to acupuncture, listening to music is one way that ensures that sleep quality is genuinely high.

## **3. EFFECTIVE MUSIC TREATMENT EFFECTS AND CHALLENGE OF SLEEPLESSNESS**

There are different ways in which music-related therapy is done. The first way, according to Li et al. (2015), is the use of music with acupuncture [5]. With such a strategy, the effects that are noticed are pretty recommendable, and they aid in guaranteeing that both the body and the brain respond to the therapy that is being delivered, and that will lead to beneficial results. Such kind of therapy has been done to the grownups in the regions of China and Korea where acupuncture functions extremely effectively, and the therapist has been on the fore-front to ensure that there is an effective treatment of

insomnia. To have better results in terms of how the body action system is functioning, the major concerns were produced through music and exercise in a study done [5]. Here the patients who were a bit elderly were given certain physical workouts that they are obliged to complete in order to ensure that there are processes that exhaust the brain. The music is then provided either via physical exercise or later while they relax. Significantly the processes turned forth findings that were a bit commendable. The commendable results were because of the exhausting process that the body had gone through and that led to the effectiveness of the music and the results were that the elderly patients experienced a bit of good sleep quality that was an improvement from the sleep they got from the hypnotic that left them depending on the drugs.

The difficulty with insomnia is that for the aged, it works a lot with inhibition of the onset of sleep. What happens the typical comfy settings are produced, and sleep is not always obtained. With the introduction of music, what happens is that there is a very high likelihood that the same setting will work differently. According to Lin et al. (2016), the best action that works with the commencement of sleep is that the therapist work with music that transmits a language to the cognitive part of the brain, and that language will create an action of relaxation that will prompt the sleep to take over [6]. Combined with the comfortable environment that is created previously, the best results are always attained. That operates according to because of the fact that music will communicate with cognitive processes. The better the cognitive process and the action-based processes are communicated with, the better the results will be, and insomnia will disappear after the brain is constantly subjected to those same processes for a period of not less than four weeks[6].

#### **4. DISCUSSION**

This study focuses on the already available information on how lack of sleep has had consequences and also how the therapist has been using the music I perfect the sleep quality that is essential for the older population[7]. The material that was used to deliver the needed information was separated into four areas. The portions were tailored to how different sets of older individuals suffer sleeplessness. The first set was of individuals that encounter the difficulties in having a steady bedtime; hence, the bedtime influences their mental process that is accountable for the sleep pattern. The researchers were usually employing three predetermined bedtimes, before 2200 hrs, between 2200-2300 hrs, and finally between 2300-2400 hrs. The second component of the literature that was used as that which was concerned with sleep latency. With sleep latency, the information that has been utilised was that which demonstrates how quickly would an aged person fall

asleep. With such a nature, the sleep pattern always falls either less than thirty minutes which is just regular, and the other set is more than or equal to thirty minutes. With the two groups, the data that was found was quite credible. The third collection of material that was used was the waking time.

With waking time, the assumptions that motivate such a study are either the lack of consistency or even the lack of sleep. The regular brain system and cognitive function recommend that the usual waking time should begin at roughly 0600 hours. The study concentrated on categorizing the waking period into three, and that is before 0600, between 0600-0700 hrs, and later than 0700 hrs[7]. The objective of looking at that was to get how insomnia influences wake-up time. The final set in the section was night awakenings. The researchers here focused on trying to identify what it is that will bring about the lack of persistent relaxation mode to enable continuous sleep. The sleep pattern is responsible for ensuring that one sleeps properly and has minimum waking up time. Four categories are mentioned under the section, and they are; never, less than once in a week, more than or equal to one week, and finally more than three weeks in a week. With the four portions under investigation, the habits are also another factor that are utilized to measure the efficiency of the music. The habits included but were not limited to music, watching TV, chatting, listening to a discussion, reading a book, and wandering about [8]. The behaviours are then compared to the efficiency that the music had on the sleep patterns and assisted in determining the effectiveness of music. Also, different genres were picked to help in the identification of what form of music was effective[9]. Either the Turkish classical, Turkish folk, classical music, and pop music as the therapist had discovered that the greatest form of music that would help in dealing with sleeplessness were those. With literature that integrated information from all the categories listed, the results and conclusion we reached were valid and effective.

#### **5. CONCLUSION**

Conclusively, the purpose of the study was to see how successful Music Therapy is at increasing sleep quality in senior individuals. Sleep issues impact the majority of senior persons. This music therapy enhances sleep quality. The study discovered a link between music therapy and a range of demographic characteristics such as age, gender, education, and marital status[10]. as comparison to the medicated therapy session, the successful approach of having insomnia reduced amongst the elderly is through music-medicated therapy. The music-related therapy, even though most at times will work effectively through the conjunction with other processes, the finest therapy that has no reliance and also has no negative effects is the music-based therapy. With such a therapy, the effects are well enhanced, and the

sleep pattern once established why the obstructing factor arises. With the support of a good therapy session, the results are lot better, and even the consequences are properly handled once in operation. In a circumstance where the music is employed with procedures such as acupuncture, better outcomes are boosted, and even the results stay longer. With regular usage of the non-pharmaceutical technique, long-term benefits are obtained in older adults, and there are extremely beneficial results, notably in the maintaining of sleep throughout the older adults' lives[11]. Music will actually give superior outcomes in fixing the difficulty of sleeplessness but will operate effectively once the strategy is paired with other methods. Despite the lack of enough study that deals with the usefulness of the music in addressing the difficulty, healthier lifestyle practices in the early years are what most of the researchers believed to be an effective means of assuring that there are less cases once the young reach to the old years. Therefore, music is beneficial in the therapy of the absence of sleep. I therefore urge an analogous study might be done with a higher sample size and in a range of different circumstances. A parallel study involving HIV and other psychophysiological disorders in elderly persons might be done. A comparable study might be done to examine the effects of music therapy and other complementary and alternative therapies.

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