



🎵 **Using Music to Boost Mood, Motivation & Focus Inspired by Dr. Andrew Huberman**

🧘 DAILY RELAXATION & WELLNESS

Listen to favorite music for 10–30 minutes daily to:

- ✓ Reduce heart rate
- ✓ Increase Heart Rate Variability (HRV)
- ✓ Encourage slower, deeper breathing
- ✓ Improve cardiovascular health
- ✓ Promote long-lasting calm

🏃 BEFORE EXERCISE

Use fast-paced music (~140 BPM) 10–15 minutes before workouts to:

- ✓ Increase motivation
- ✓ Improve physical performance
- ✓ Prime your brain’s motor circuits for movement

🧠 MENTAL FOCUS & STUDYING

When doing cognitive work (like studying or writing):

- ✓ Best: **Silence** or 40 Hz binaural beats, white noise, or brown noise
- ✓ Avoid: Music with lyrics during intense focus
- ✓ Do: Play your favorite music **during breaks** to boost performance afterward

😊 SHIFTING EMOTIONAL STATES

To improve mood or process emotions through music:

- ✓ Feeling down? → Listen to upbeat music (~140 BPM) for at least 9 minutes
- ✓ Need to process sadness?
→ Play slower music (~60 BPM) for ~13 minutes to support emotional release
- ✓ Reduce anxiety with calming tracks like “Weightless” by Marconi Union

🧠 BOOSTING BRAIN FLEXIBILITY

New music = new neural pathways

- ✓ Regularly explore unfamiliar music to enhance brain plasticity and memory
- ✓ Great for breaking out of mental ruts and encouraging creativity
- ✓ **Tip:** Create personal playlists for each intention:
“Focus Flow,” “Mood Boost,” “Workout Hype,” “Relax & Restore”

📺 Learn more from Dr. Andrew Huberman’s full podcast episode: [Watch on YouTube](#)

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