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Operation Meditation

Sleep deprivation plagues many people. The lack of sleep has negative effects that lead to disasters. Music therapy is an emerging branch of medicine, and meditation has been around for centuries. Both practices have been shown to help people sleep and relax. I tested not only to see if music and meditation helped to improve sleep, but also to see if one improved sleep more than the other. I hypothesized that music would improve sleep more than guided meditation would.

I had adult participants record their sleep patterns for three weeks. For the first week, they recorded their regular sleep patterns, using a provided sleep journal. For the second week of experimentation, participants listened to about 10 minutes of a musical composition before they went to bed. They recorded their sleep patterns in the morning. Participants listened to a guided meditation session during the third week of my experiment and recorded their sleep.

After averaging all of my data, I was able to conclude that both music and meditation improved participants' sleep. The music improved participants' sleep times and decreased the number of times they were awakened during the night. The guided meditation resulted in people remembering more of their dreams and feeling more refreshed in the morning. From my results, I can conclude that while guided meditation made people feel more rested, after listening to the music, their body was more rested. Whether you prefer music or guided meditation, my experiment proved that both will improve your sleep.