

## Effect of Lullabies on the Human Brain

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Years of research show that soft, slow, methodical music and words—such as those of a lullaby—can lull the mind to sleep by inducing delta waves in the brain. “Music exists in every culture, and infants have excellent musical abilities that cannot be explained by learning,” says Dr. Norman Weinberger, professor of Neurobiology and Behavior at the University of California at Irvine. “Mothers everywhere sing to their infants because babies understand it. Music seems to be part of our biological heritage.”

### From the Womb

“There are whole studies—there are actual recordings to what the baby actually hears in utero,” says Dr. Patricia St. John, an adjunct assistant professor of music education at Columbia University. She refers to the recordings of Dr. Sheila C. Woodward, chairwoman of music education at the University of Southern California, whose research may explain, in part, why newborns are more tuned to their

mothers' voices than to their fathers' voices. Most children inherently love music and rhythm, and are inclined to move to the beat of music as soon as they are able. "They sing before they talk," says St. John. "They dance before they walk."  
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