

Every Patient Has a Playlist

By Scott LaFee | May 01, 2017

A few years ago, researchers at Mindlab International, a promotional firm that specializes in “neuromarketing solutions,” identified what it described as the “most relaxing tune ever recorded.” The track by Marconi Union is called “[Weightless](#).”

The wordless “Weightless” features guitars, piano and an electronic sampling of natural soundscapes, though some sound like they’re on a different planet. It’s eight minutes long, though there’s also a [10-hour version](#).

The Mindlab folks said their small study found that “Weightless” was 11 percent more relaxing than other songs tested on a group of women, reducing resting heart rates 35 percent. Some women dozed off.

“Weightless” won’t have that effect on everybody, but there’s plenty of [empirical evidence](#) to show that music can be good for the heart, measurably lowering blood pressure and slowing heart rate. [Musical therapy](#) is widely used to treat patients with everything from Alzheimer’s disease to chronic pain issues.

Every patient has a playlist. Here’s ours: 19 heart-healthy songs we think mellow the mood and mend the muscle:

- ["If"](#) by David Gates and Bread
- ["Crazy Love"](#) by Van Morrison
- ["Fragile"](#) by Sting
- ["Staying Alive"](#) by Bee Gees
- ["To Build a Home"](#) by The Cinematic Orchestra
- ["Breathe Me"](#) by Sia
- ["Dancing Queen"](#) by ABBA
- ["Yesterday Once More"](#) by The Carpenters
- ["You Wish"](#) by Nightmares on Wax
- ["Home"](#) by Zero 7

- "Summer Wind" [🔗](#) by Madeleine Peyroux
- "Chicago" [🔗](#) by Sufjan Stevens
- "All I Need" [🔗](#) by Air
- "Asleep on a Sunbeam" [🔗](#) by Belle & Sebastian
- "Ishq" [🔗](#) by Bhakti
- "Rhubarb" [🔗](#) by Aphex Twin
- "Hey Soul Sister" [🔗](#) by Train
- "Walking in the Air" [🔗](#) by Chloe Agnew
- "Dreamboat Annie" [🔗](#) by Heart

