

**Music improves sleep quality****Clinical Question**

How effective is listening to music for insomnia in adults?

**Bottom Line**

Compared to standard care or no treatment, listening to music alone or with standard care improved subjective sleep quality in adults with insomnia symptoms. There was no evidence that music affected the length of time it took to fall asleep, the amount of actual sleep someone got, or the number of times people woke up. There was no difference in the effect on sleep quality between trials using researcher-selected music and trials giving participants a choice among a number of pre-selected types of music. There were no adverse effects reported. The studies examined the effect of listening to pre-recorded music daily, for 25 to 60 minutes at sleep initiation, for a period of three days to five weeks.

**Caveat**

The quality of the evidence from the five studies that examined sleep quality was moderate. The quality of evidence for the other aspects of sleep was low.

**Context**

Poor sleep affects people's physical and mental health. The consequences of poor sleep are costly, for both individuals and society. Many people choose to listen to music to improve their sleep.

**Cochrane Systematic Review**

[Jespersen KV et al. Music for insomnia in adults. Cochrane Reviews, 2015, Issue 11. Art. No.: CD010459.DOI: 10.1002/14651858. CD010459.pub2.](#)  
This review contains six studies involving 314 participants.