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Somewhere in my memory sheet music pdf

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Scientists have long suspected a relationship between memory and music, and there were some interesting results to support this idea. Recently, there was a growing interest in the idea that listening to music can benefit people who have memory disorders like Alzheimer's disease (AD). Studies have shown that our memory for music is not centralized in a specific place in the brain, but rather activates a broad network through the brain¹. This could be the reason why neurodegenerative diseases can leave musical memory intact². Furthermore, the ability to reproduce music is typically preserved in MCI and the first stages of dementia, due to the fact that this is a largely based competence on procedural memory (also known as memory as a "Habit"). While searching for this topic continues, there have been some interesting results about how music hits both behavior and cognition in people with amnesia. For example, a study found that listening to music seemed to be stimulating verbalization, improve the call of some memories and increase relaxation.³ Another group found that music can improve sleep by increasing melatonin levels in the body⁴. Perhaps one of the most common results through studies is that the effects they were stronger when researchers played music individualized for listener instead of music chosen randomly. When researchers played music for those who have Alzheimer's and have chosen songs from pertinent periods of time and favorite songs of the person, patients reported less anxiety and depression.⁵ also showed an improvement in cognitive tests in a

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