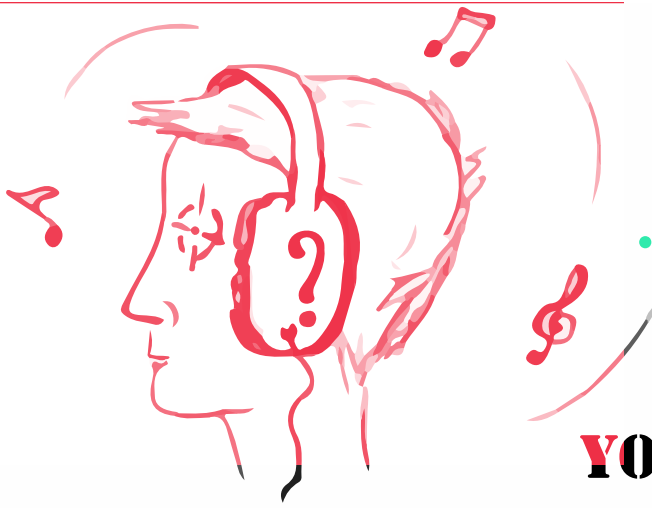


# DOES PLAYING BACKGROUND MUSIC ...

... **IMPROVE** OR **IMPAIR** YOUR FOCUS?

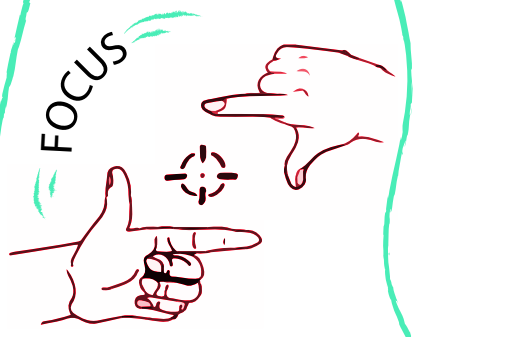


IMPAIRS

IMPROVES

When you are performing tasks which require a lot of thinking such as reading and writing. In these situations, music takes too much attention away from the task at hand.

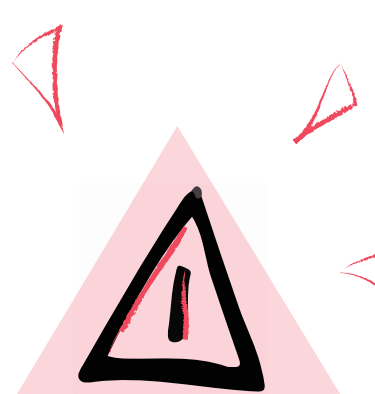
If there is a lot of noise or distraction in the environment, headphones can help you create your own 'cocoon' and shut out the noise from the environment.



Music that puts you in a good mood before you are going to study or during a break can lead to better focus.



Music can help you focus when you are performing boring, repetitive tasks, which do not require a lot of thinking. In these situation music can reduce boredom and increase motivation.



However, if you are spending a lot of time 'controlling' what is playing by checking and selecting songs, this means you are focusing on something else than your task.

In any case it is important that you yourself are in control of the music that is playing, instead of someone in the environment

Several studies show that music with lyrics is more distracting than music without lyrics, but silence is usually best.



Authors : Sophie Akkermans - Illustration : Roselyne Chauvin - Editor : Annelies van Nuland  
 Main references:  
 Shih et al. 2012; Shih et al. 2016; Perham & Currie 2014, Daniel Levetin 2007, Anneli Haake 2010

