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Four Things Musicians Should Know About the Brain

- 1. Practicing happens in the brain.**
- 2. Practicing drives brain neuroplasticity.**
- 3. Sleep may be the most important practice strategy.**
- 4. The visual is important in learning, teaching, and performing music, as well as in how you “hear” music as an audience member.**

Resources:

Svard, L. (2023). *The Musical Brain: what students, teachers, and performers need to know*. New York: Oxford

Learning and memory is covered in Chapter 5.

Practicing in Chapter 6.

Neuroplasticity in Chapters 4 and 7.

Sleep in Chapter 6.

The visual, or mirror neurons, in Chapter 9.

There are extensive citations for the information in all of these chapters. You can refer to these citations for information about the research studies themselves.

The book can be ordered from [Amazon](#) or from [Oxford](#). If you order from Oxford, use discount code AAFLYG6

Additional resources:

Allen, S. (2012). [Memory Stabilization and Enhancement Following Music Practice](#). *Psychology of Music*, 41(6), 794-803. (This is the music and sleep study I spoke about.)

Iacoboni, M. (2008). [Mirroring People: the new science of how we connect with others](#). New York: Farrar, Straus and Giroux.

Tsay, C-J. (2013). [Sight over Sound in the Judgment of Music Performance](#). *PNAS*, 110(36), 14580-14585.

Tsay, C-J. (2014). [The vision heuristic: Judging music ensembles by sight alone](#). *Organizational Behavior and Human Decision Processes* 124 (1): 24-33.

Walker, M. (2017). [Why We Sleep: Unlocking the Power of Sleep and Dreams](#). New York: Scribner.