



Vocal Evolution
— STUDIOS —

BIOLOGICAL BENEFITS OF SINGING

- **Stress Reduction and Mood Enhancement:** Singing decreases cortisol (the stress hormone) and increases endorphins and oxytocin, which reduce anxiety and boost emotional well-being.
- **Immune System Boost:** Research suggests that singing, especially in groups, can increase immune-boosting cytokines.
- **Improved Respiratory and Cardiovascular Function:** The controlled, deep breathing required for singing increases lung capacity and strengthens the diaphragm. It also helps regulate heart rate.
- **Pain Management:** The release of endorphins—the body's natural painkillers—acts to increase pain thresholds.
- **Neurological Stimulation:** Singing activates multiple areas of the brain, improving neuroplasticity, cognitive function, and memory.
- **Vagus Nerve Activation:** Singing stimulates the vagus nerve, which is connected to the vocal cords, aiding in relaxation and regulating bodily functions like sleep and appetite.
- **Physical Rehabilitation:** It has been shown to assist in recovering lung capacity for individuals with chronic conditions or those recovering from illness.