

CALMING

DOG TUNES



MIKE
JAMES



CONTENTS

CONTENTS	2
Chapter 1: Why Dog Music Works (According To Science)	4
Why dog music works (according to science)	5
7 benefits of dog music	5
#1: Therapeutic for Fido	5
#2: Reduces stress	7
#3: Lessens aggression	9
#4: Heightens focus	11
#5: Improves sleeping habits	12
#6: Adaptable to change	12
#7: Experts-approved	13
Chapter 2: What Kind Of Music Do Dogs Like? [Best & Worst Genres]	16
Do dogs like music?	17
What kind of music do dogs like?	18
#1: Classical music	18
#2: Reggae	19
#3: Soft rock	20
What music do dogs dislike?	22
#1: Heavy metal	22
#2: Grunge	24
#3: Heavy rock	24
FAQ	25
Do puppies like music?	25
Do dogs like classical music?	25
Do dogs like piano music?	25
Do dogs like jazz music?	26
Do dogs like rock music?	26
Chapter 3: Do Dogs Like Music When They Are Alone? 5 Benefits	27

Do dogs like music when they are alone?	28
Does music help dogs with separation anxiety?	29
5 benefits of music when dogs are alone	33
#1: Reduces loneliness	33
#2: Increases social interactions	34
#3: Heightened empathy	35
#4: Modifies mood and emotion	36
#5: Stimulates mental health	37
What do the vets think about music for dogs?	38
What kind of music should I leave on for my dog?	39
REFERENCES	41

Chapter 1: Why Dog Music Works (According To Science)



Music heals and transforms.

The simplest beat can make us sad, happy, lonely, and even angry.

But would you believe me if I told you it affects Fido's mood, too?

There are scientific proofs that music moves them the same way as humans.

Keep reading to find out:

- 7 ways music changes dogs.
- 5 surprising mental health benefits of beats for canines.
- What 5 experts say about using music to appease dogs.
- And that's just the beginning...

Why dog music works (according to science)

Researchers agree that music works for our dogs. ^[1]

That's because listening to music helps dogs release antidepressant hormones that affect their brain.

Thus, music-based interventions specifically for dogs in shelters help reduce stress and anxiety.

7 benefits of dog music



#1: Therapeutic for Fido

One of the easiest ways for dogs to unwind is to listen to music.

A study revealed that the right mix of classical music helps:^[2]

- Relieve pain.
- Calm the mind.
- Ease muscle pains.
- Lower anxiety levels.
- Brighten up their mood.
- Reduce blood pressure.

Researchers added that exposing dogs to music influences their behavior.

Also, it's an effective tool in a stressful environment:

- Vet clinics.
- Rescue shelters.
- Boarding facilities.

Furthermore, vets shared that classical music relaxes dogs...^[3]

Especially after exposure to various loud noises such as:

- Vehicles.
- Fireworks.
- Construction.
- Thunderstorms.
- Other household noises (such as the vacuum cleaner).

If you want to create a relaxing playlist for your pooch you may:

- Avail [Canine Lullabies](#) on Amazon Music.
- Download the RelaxMyDog Apple application.
- Create your personalized *pawfect* soothing playlist for Fido.
- Set up a Spotify account and follow fur-friendly music playlists.
- Browse YouTube for soothing dog music or videos (check out Great Music for Dogs channel).



Note: Our fur babies have a sensitive sense of hearing. Ensure to keep the volume from moderate to low when playing music to them.

#2: Reduces stress

Music also lowers Fido's *cortisol levels* - a stress hormone in dogs.

Researcher and professor Neil Evans claimed long exposure to music reduces stress.^[4]

This isn't a surprising conclusion. The effects music has on us have been a natural therapy.

Scientists pointed out that less stressed dogs were:

Barking less

Stressed dogs tend to howl, bark, or cry more.

Other dogs howl more when they experience separation anxiety. Some become more vocal when they experience pain.

Barking is one of the negative signs of boredom in dogs. Boredom may lead to destructive behavior.^[5]

Luckily, you can introduce your dogs to classical music to relax them.

Colorado State University researchers saw dogs stay calm for hours under this music.^[6]

Moreover, music therapy is cost-efficient and practical to prevent them from excessive barking.

Resting better

Since dogs don't verbally communicate like us...

We need to become more observant of their body language.

One clear sign that our pooch has high-stress levels is alertness and restlessness.

Normally, a relaxed dog is often seen lying down as they are at peace in their environment.

Stressed dogs may stand and tuck their tails. It depends on their typical behavior.

Other signs may include:^[7]

- Panting.
- Yawning.
- Lip-licking.
- Avoidance.

Breathing slowly

Another obvious sign that our dogs are worry-free is they tend to breathe slowly.

We can relate to this. If we're comfortable with someone or something, we don't breathe quickly.

Instead, we're calm and have easy breaths.

Dogs experience lower respiratory rates each time they listen to classical music.

This only suggests that they have a reduction in stress levels.

Experiencing an increase in *HRV* (*heart rate variability*).

Heart rate variability (HRV) measures the variation of time between each heartbeat.^[8]

The autonomic nervous system, a.k.a ANS, controls HRV. This commands internal organs such as the heart, brain, liver, kidney, etc.

This means if the HRV is lower, the more stressed Fido is.

If that's the case, dogs with anxiety have low HRVs.

Also, canine scientists said jazz music lowered dogs' average heart rates. While rock and rap music raised their average heart rate.^[9]

This helps if we want to build calm surrounding for canines in stressful situations.

✓ **Pro Tip:** If you plan to play songs for a dog with separation anxiety, ensure to do so at other times when you're home, too. You don't want them to associate turning on the music with your absence. Giving them yet another unpleasant trigger for distress.

#3: Lessens aggression

Aggression is one of the unwanted behaviors fur parents aim to cure.

Some of us seek dog training to help fix this type of behavior.

The good thing about music is that it can treat aggression, as suggested by a study. Thus, other dog parents use music to ease aggression.^[10]

Positive reinforcement dog trainer Victoria Stilwell supported an innovative program for dogs.^[11]

She collaborated with the creators of the “[*Through a Dog's Ear*](#)” recording.

The project believes that classical music creates a sensory experience relaxing aggressive dogs.

This involves:

- Stilwell's dog training guides.
- A special 90-minute classical music.
- An instructional PDF document about positive reinforcement.

You might be wondering how sound calms fearful dogs.

Remember that a dog's nervous system is sensitive to sound.

As a result, sound has an influential effect on dogs' sensory neurons.^[12]

These carry sensory information from the spine to the brain. These pieces of information include sensations of:

- Pain.
- Taste.
- Smell.
- Touch.
- Vision.
- Position.
- Hearing.
- Balance.
- Temperature.

Reactive canines' tend to have an overstimulated nervous system. It causes them to fear everything around them.

The recording contains a *psychoacoustic* track to soothe the nervous system.

Psychoacoustic is the relationship between the sound's elements and the feeling it creates.

✓ **Pro Tip:** Stilwell suggests combining music with the treatment plan with this recording. She also shared that no dogs are the same. They learn and relax in different situations and environments.

#4: Heightens focus

Do you maintain a playlist for workouts? How about while studying?

We listen to different tracks depending on the situation we're in as it helps us improve our focus.

Stanford University School of Medicine confirmed that music helps our brains absorb information.^[13]

Music blocks distracting noise as it keeps you alert and lightens your mood.

Dogs are no different when it comes to this. They respond well to specific types of music too.

For example, the use of clickers during dog training.

It's easier for them to understand what you want them to do.

Plus, using sound helps them learn new and different commands.

Speaking of learning new things...

Why not teach them to sing?

#5: Improves sleeping habits

Dogs' sleeping habits are vital for their wellness.

Good sleep quality improves mental health.

Otherwise, dogs may suffer from mental health issues, according to ASPCA.^[14]

Mental health problems may affect Fido's sleeping habits which can cause:

- Anxiety.
- Depression.
- Nightmares.
- Hyperactivity.
- Compulsive behaviors.

A journal revealed that listening to music may ease the effects of sleep problems.^[15]

It's best to condition Fido before bed by playing classical music to relax them.

Not to mention, if your pooch enjoyed themselves all day from playing or training.

Help them by placing an audio player near their crate or room.

If you share your bed with them, might as well play their favorite Mozart piece.

#6: Adaptable to change

The studies included in this article prove that music affects our canine behavior.

Hence, you can put the benefits of music into good use by observing how they react during:

- Vet visits.
- Training sessions.
- Household activities or events.

Vet clinics are one of the most stressful places for our fur babies, according to research.^[16]

Various reasons cause Fido to feel this way:

- Strange noises.
- New people or other animals are present.
- Being handled in an uncomfortable way.

PetMD suggested playing music when:^[17]

- They spend time in their space or crate.
- Traveling in a car on your way to the vet.
- Dogs have separation anxiety. More so if you leave them during check-ups.

#7: Experts-approved

Experts view music as a beneficial form of relaxation for our furry friends.

Especially in times of stress, anxiety, restlessness, or pain.

These are some of the benefits that Fido receives when you expose them to music.

Some dog experts support various studies proving music is therapeutic to canines.

For example, Psychologist Deborah Wells' experiment revealed that:^[18]

- Heavy metal sounds cause agitation.
- Pop music causes a neutral reaction in our pooch.
- Classical songs produce a soothing effect on canines.

Not only that, vet neurologist Susan O. Wagner proved music impacts our dog's mental state.^[19]

She encouraged to use of a specific genre of music in her virtual presentation at the Fetch DVM360.

Wagner discovered that solo piano music made according to psychoacoustic principles reduces anxiety.

The psychoacoustic principle aims to create sounds with:

- Slower tempos.
- Solo instruments.
- Simple arrangements.

Plus, Joshua Leeds's study relates to Wagner's claims.^[20]

As a sound researcher, Leeds revealed that a psychoacoustically-created classical tune...^[21]

Has a greater calming effect than those not arranged under the same principle.

Not only that, dog trainer Cathy Madson encouraged mixing music with visuals.^[22]

That's due to the fact that...

Television and dog-related videos provide visual entertainment to Fido.

Madson believes that it can keep our fur babies relaxed and engaged.

Sure, experts and researchers have seen the impact of music on the lives of our fur babies.

However, they weren't the only ones who supported this idea, even music artists did.

Would you believe that Laurie Anderson held a concert for dogs?^[23]

Anderson, America's most renowned creative artist, performed outside the Sydney Opera House.^[24]

She and her husband, rock legend Lou Reed, planned the event for four-legged audiences.

The concert earned various reactions from the doggos.

Some wagged their tails, and others stared at the stage with much excitement.

Good job, dogs!

Chapter 2: What Kind Of Music Do Dogs Like? [Best & Worst Genres]



Dogs have sharp ears. Their hearing is more sensitive than ours.

Like us, they have their music preferences, too.

Fido can keep track of the sounds they like or dislike.

I know you're curious...

“How will I know what music my pooch prefers?”

Read on to find out...

- The 3 genres Fido dislikes the most.
- How to know your pooch's taste in music.
- Why you should include Bob Marley and the Beatles in your canine playlist now.
- And many many more...

Do dogs like music?

Music calms dogs. Thus, the short answer is yes. Dogs like music.

Dogs can hear music more clearly than humans, as revealed by American biologist Marc Bekoff.

He shared that humans hear sounds up to 64,000 Hertz.^[25]

While our pooch can hear frequencies as high as 67,000 Hertz.

If that's the case, what we hear at 20 ft (6.10 meters) is much more audible for our dogs, even at 80 ft (24.39 meters).

That's 4 times as sensitive compared to us fur parents.

Plus, because they can hear at a higher frequency, Fido gets to hear sounds our ears can't catch.

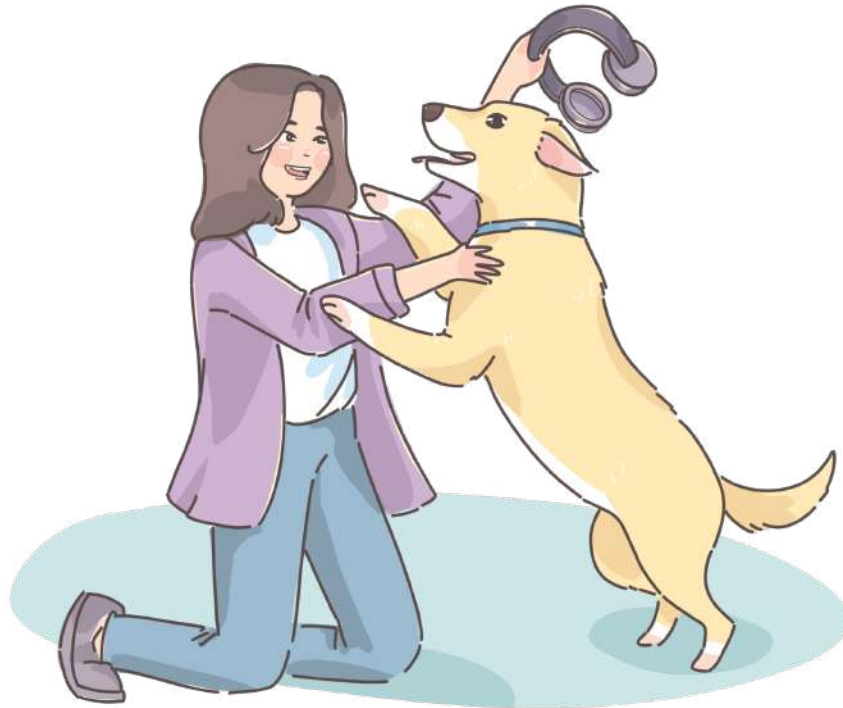
For example, the high-frequency sounds our home appliances create.

Our fur babies' sharp ears get to hear this, which can stress them too.

 **Fun fact:** Paul McCartney confirmed the Beatles made a song for Fido. The band added a high-pitched whistle on the final track of their iconic Sergeant Pepper album - '*A Day in the Life*.'

So, if you come across this song, observe your dog's reaction.

What kind of music do dogs like?



More than the soothing sounds of music, dogs have preferences according to science.^[26]

#1: Classical music

Dogs like slow, simple, and peaceful music.

Thus, classical arrangements hit the spot for our pooch.

Researchers from SPCA and Glasgow University supported this claim.^[27]

They noticed a positive reaction in dogs when classical music plays in dog rescue shelters.

You might ask...

"Why do kennel centers do this?"

Kenneling or housing scares Fido.

In fact, because of how traumatizing it can be, experts coined a term for it: “*Kennel stress*”.^[28]

This is the emotional or mental tension Fido feels while staying in a shelter or kennel.

Thus, the Scottish SPCA chose kennelled dogs to be the subject of their investigation.^[29]

Their paper showed playing music in a stressful environment can reduce stress in dogs.

Aside from classical music, the team included various musical arrangements:

- Pop.
- Reggae.
- Motown.
- Soft rock.

Which later on revealed that some dogs become relaxed by listening to reggae and soft rock genre.

#2: Reggae

One of the music genres that gave Fido a relaxing effect is reggae.

The same study that proved classical music calms dogs revealed this.

It provides frequencies beneficial to reduce separation anxiety and stress.

This finding inspired Joshua Leeds, the CEO of BioAcoustic Research Inc., to add reggae to their iCalmDog album.

This musical genre that Jamaicans of African ancestry developed in the late 60s is known for its:

- Steady.
- Spirited percussion.
- Hypnotic bass lines.
- Up-stroke beat guitar.

To see the effects of Reggae on Fido, you can also try playing Bob Marley songs for your pooch.

He's a prominent figure that introduced reggae to the world.

And his songs will surely positively influence your dog's mood.

#3: Soft rock

From the same research previously mentioned, kenneled dogs' heart rates also slowed down when they heard soft rock music.

This is a clear sign of relaxation for dogs.

Aside from a favorable heart rate, Fido lays down longer while this kind of music is on.

This action suggests that they are comfortable in their environment.

Soft rock dominated the music scene in the 70s because of its various elements:

- Minimal aggression.
- Radio-friendly pop hooks.
- Vibrant studio performance.
- A love song-dominated genre.
- Blends smoothly with other music styles.

These simple and melodic type of songs are a great addition to your canine playlist.

Lionel Richie, Elton John, and Carole King were famous soft rock music artists.

You might want to check their songs and chill with your dog.

Since science proved classical, reggae and soft music passed our pooch's musical taste...

It sparked conversation in the dog community.

Which lead to more various pieces of research.^[30]

Music almost has the same effect on humans and dogs.

The human brain has neurons that are more sensitive to various shifts in pitches, unlike dogs.

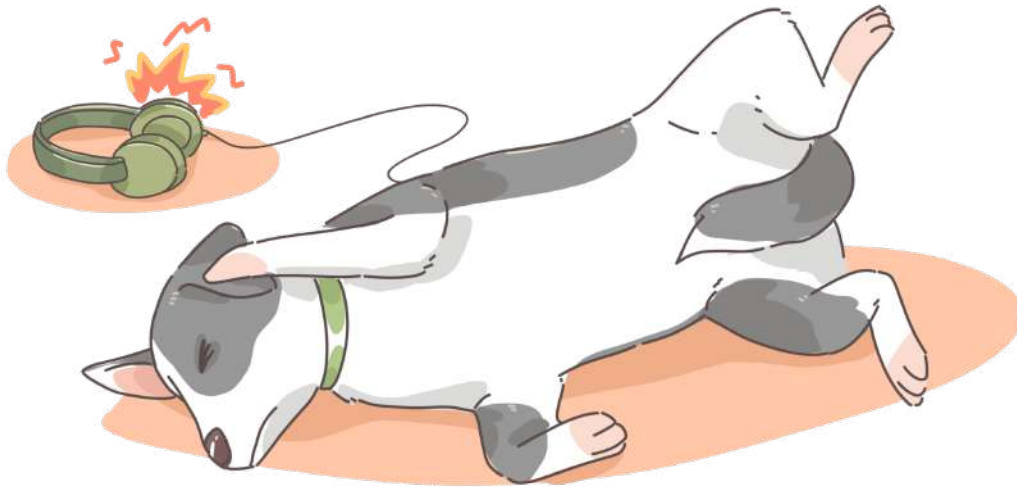
A 2008 study proved this point.^[31]

Thus, we get to enjoy a wide range of music genres than Fido.

Playing music together can be a good bond to share with our pooch.

Aside from the positive effects music brings to our dogs, it can strengthen our bond with them too.

What music do dogs dislike?



Some genres have faster tempos you should be mindful not to expose your pooch. Loud music hurts our furry friend's ears.

It can also cause physical pain to them when exposed for a longer time.

Such loud sounds can impair Fido's hearing. Some of these are:

#1: Heavy metal

Research by Animal Welfare found out heavy metal causes dogs to bark more.^[32]

Heavy metal is loud, distorted guitar riffs and an aggressive approach to rock and roll.

Kirk N. Olsen and his team conducted a study on the psychosocial risks of exposure to heavy metal music.

Their study revealed that listening to it causes behavioral issues and mental problems, such as:^[33]

- Anger.
- Anxiety.
- Depression.
- Aggression.
- Antisocial behavior.

The same things go into Fido's brain, as claimed by vet researcher Veronica Amaya and her team.^[34]

Thus if we let Fido listen to this type of music the risk of developing such mental issues increases.

Unexpected loud sounds or noises can trigger stress and fear in our dogs.

Especially if they aren't exposed to this daily.

VCA shared that noise affects almost $\frac{1}{3}$ of the canine population.^[35]

Extended exposure to loud, frightening sounds can cause mild fear to extreme phobia.

Mild fear reactions can be in the form of:

- Hiding.
- Pacing.
- Panting.

While phobic reactions include:

- Agitation.
- Escaping.
- Panicking.
- Other destructive behavior.

As a result, dogs have a different reaction to heavy metal music than classical tunes.

It creates discomfort and triggers unwanted behavior from them.

#2: Grunge

You can characterize grunge music by its hard metal and heavy punk sound. Other than that, it's often produced with:

- Intense vocals.
- Overwhelming drum beats.
- Heavy distorted electric guitar riffs.
- Dark and hopeless lyrical compositions.

With these elements, you'll understand why you'll never see Fido listen to this.

Psychology Today columnist Stanley Coren reports that grunge music promotes:^[36]

- Fatigue.
- Tension.
- Hostility.
- Sadness.

 **Fun fact:** Did you know that there's a grunge song written about a dog? Paw, the band from Lawrence, Kansas, produced "Jessie." The lyrics describe the difficult bond Jessie the dog has with his fur parent.

#3: Heavy rock

Unlike soft rock, the woofer isn't much of a fan of heavy rock.

This music style includes:

- Darker melodies.
- More intense beats.
- Powerful rhythm lines.
- Heavier guitar chords.

These elements are enough to cause severe stress to our dogs.

Remember that they're sensitive to sounds, so intense tempo can affect their mood.

FAQ

Do puppies like music?

Puppies like music. They prefer soft music that is slow and with a steady rhyme to soothe them. Introducing Mozart to them is therapeutic, especially in times they're agitated. Their muscle relaxes and boosts their range of motion.

Do dogs like classical music?

Dogs love classical music because it relaxes them. It has a positive effect on their well-being as they become less stressed and agitated while listening. They'll even choose to rest or sleep for long periods.

Do dogs like piano music?

Not all piano songs have a calming effect on Fido's ears. There are pieces that trigger aggressive behaviors due to their depressing sound. Franz Liszt's *Totentanz* (Dance of the Dead) and Igor Stravinsky's *The Rite Of Spring* are examples of dark, violent, and dramatic piano music that your pooch might not enjoy.

Do dogs like jazz music?

Jazz music is one of the dogs' musical preferences because it has peaceful frequencies. Thus, an effective stress management tool alongside reggae, soft rock, and classical music.

Do dogs like rock music?

Rock music irritates Fido because it makes them anxious. It has powerful guitar riffs and thunderous drums. Dr. Debbye Turner, a famous author and vet tests the theory of how music works in dogs at a doggie daycare in New York. She observed that dogs became feisty when she played rock music.^[37]

Chapter 3: Do Dogs Like Music When They Are Alone? 5 Benefits



Dogs are highly sociable creatures.

That's why it's strange seeing them be quiet and alone.

When this happens, you might think of playing music to help Fido.

However, do dogs actually want music during their alone time?

Continue reading to discover...

- Credible vets' opinions on playing music for Fido.
- What it means when our pooch wants some space.
- 5 holistic benefits of dog music on Fido's quiet times.
- And many more...

Do dogs like music when they are alone?

Dogs like hearing soothing music when they're alone.

Playing music in the background when they're by themselves helps them feel less isolated.

Soothing music gives a tranquil feeling because of the following elements:

- Repetition.
- Slow attacks.
- Ambient noise.
- Steady tempos.
- Constant harmony.

These factors change one's mood, according to E. Thayer Gaston's study on music.^[38]

No wonder, Fido finds it relaxing to listen to soothing music such as the classical genre.

Especially because the mentioned elements are usually present in it.

Why do dogs want to be alone?

When our dogs want some time alone, don't take it personally.

They aren't snubbing you. Dogs tend to isolate themselves when they begin to feel:

- Anxious.
- Depressed.
- Other health-related issues (like heart diseases).
- Emotional pain (such as fear, boredom, or helplessness).
- Physical discomfort (like bone disease, infections, or arthritis).

Another common reason why dogs want to distance themselves from us is their age.

Especially if they learned socialization at a later age.

However, another reason could be experiencing unfitting types of socializing. It involves:

- Inconsistent dog training classes.
- Forcing your dog to socialize with other canines.
- Bringing them to dog parks when they're not ready.
- Overwhelming your pooch with socialization activities.

A study suggests that early-age socialization is vital in shaping dog behavior.^[39]

However, researchers revealed that poorly socialized puppies don't automatically become problematic adult dogs.

You can still train them or help them socialize as they grow up.

So if old dogs tend to move away from you, they may be feeling those various emotions I have mentioned.

Does music help dogs with separation anxiety?

Separation anxiety in dogs happens when they get separated from their fur guardians.

Not only that, but even to people they're used to having around, like family members.

Some furbabies become hyper or anxious when they see us about to go. Others tend to feel depressed when we leave them.

There are some instances when we have to run errands or attend to urgent matters. These situations may push us to be away for a couple of hours.

When that happens, Fido may let loose and do what he pleases at home.

In fact, one of the major complaints of some fur parents is their dog's disruptive behavior. While they're home alone, they could be:

- Digging.
- Howling.
- Chewing.
- Urinating.
- Escaping.
- Defecating.
- Excessively barking.

These unwanted behaviors show separation anxiety, according to ASPCA.^[40]

However, our pooch may suffer separation anxiety even if we don't leave them. Other factors may include:^[41]

- Changes in their regular routine.
- A traumatic experience in a vet or kennel boarding facility.
- Meeting a new family member or changing the family's structure.
- Experiencing a loss of a family member or other fur babies at home.

Remember that anxiety may lead to a boost in Fido's stress hormones. Furthermore, it can increase their heart rate and respiratory functions.

How long can my dog safely stay home alone?

Every dog is different. Thus, their needs and behaviors vary as well.

Guernsey's state veterinary officer David Chamberlain had a simple answer:^[42]

Dog's age	Maximum period Fido should be left alone
5-month-old puppies and below	Should not be left alone for long periods during the day.
5- to 18-month-old adolescent dogs.	Increasingly build up to 4 hours during the day.
18-month-old mature dogs and above	Up to 4 hours during the day.

 **Note:** A dog's breed impacts their personality, such as sociability, fearfulness, and aggression. Knowing this will help you understand how to socialize or train Fido.

Can music soothe an anxious pooch?

Researchers confirmed music influences behavioral and/or physical changes in dogs.

It improved the well-being of dogs too.^[43]

Thus, it can be a good solution for a dog's separation anxiety.

One of the genres you can play in the background while they're alone is classical music.

It calms and eases our anxious canine friends.

Plus, it enables them to lie down and settle quickly while they're alone.

If that's the case, it's a useful therapeutic tool to maximize when you decide to leave woofers on their own.

Not to mention...

While classical music plays, there's a significant decrease in dogs' stress levels.

Scientists used the following to determine Fido's stress conditions:^[44]

- Behavior.
- Heart rates.
- Saliva samples.

Other than classical arrangements, Fido loves reggae and soft rock.

These music genres have a positive impact on our canine friends too.

However, aside from leaving them with their canine playlist on...

WebMD suggested that one way to treat separation anxiety is to consult the vet.

Doing so can help us understand why Fido's feeling like such, and rule out any medical issues.^[45]

Another thing they recommended is to ensure we provide our pooch with the right amount of exercise every day.

Since tired dogs from training or playing games are less stressed.

So, ensure to expose them to many brain games.

5 benefits of music when dogs are alone

#1: Reduces loneliness



Like us, dogs have various emotions. Loneliness is one of them. It can cause:

- Depression.
- Destructive behavior.
- An unusual sleeping pattern.
- Poor eating habits or lack of appetite.
- Disinterest in playing or learning games.

Playing Fido's favorite playlist will help them feel at ease and relax while you're not around.

A study proved listening to music is effective in reducing stress.^[46]

Furthermore, Dr. Ann Hohenhaus confirmed our four-legged *furiends* enjoy the same benefits from music.^[47]

She said music is therapeutic for dogs. Thus, it's a suitable coping tool to improve dogs' conditions, especially those living in shelters.

#2: Increases social interactions

Music is a safe and inexpensive intervention to improve our canine's social dilemma.

According to a study, dogs interact with other canines or humans using their:^[48]

- Scent.
- Posture.
- Hackles.
- Vocalizations.
- Facial expressions.
- Tail and ear positions.

So how is music related to the social bond with Fido?

Researcher Nathan Oesch's study pointed out that music and language have similarities. Both have:^[49]

- Structure.
- Social situations.
- Acoustics (the process of how sounds progress).

He said verbal and non-verbal signals in music regulate and promote social bonding. Dogs respond effectively to calm sounds that affect their behavior.

Plus, when dogs are stress-free, their brains release "feel-good hormones."

- Oxytocin.

- Serotonin.
- Dopamine.
- Endorphin.

If that's the case, dogs can produce endorphins from listening to music. Resulting in a boost to social connections.

Thus, if we leave Fido a good playlist, it'll help increase these positive hormones. Leading to a more relaxed and social doggo.

#3: Heightened empathy



You may argue canines have the mental capacity of a 2-year-old child, and it's too early for them to develop empathy.

But guess what, dogs can match our emotional behavior. This is one of the findings of Animal Cognition's study.^[50]

Fido can experience *emotional contagion* or a phenomenon where someone catches another's emotions.

Meaning, if thunderstorms scare you, your dogs may interpret it as something fearful. And that they should also be afraid of it.

Same with listening to music.

If your pooch catches you loving every beat of Bon Jovi...

They might associate the same feeling each time they hear it.

Thus, playing music when dogs are alone can help them feel better and more empathetic.

 **Fun fact:** Our fur babies get empathetic towards strangers who pretend to cry. This is confirmed by Goldsmiths University of London Psychology lecturer Deborah Custance. This reveals our pooch isn't only concerned with us but with what others feel as well.^[51]

#4: Modifies mood and emotion

Listening to music makes mixed emotional reactions when the brain processes sound beats.

Loud sounds can trigger anxiety and fear. While soft music is relaxing and soothing to our dogs.

Thus, music is therapeutic to them.

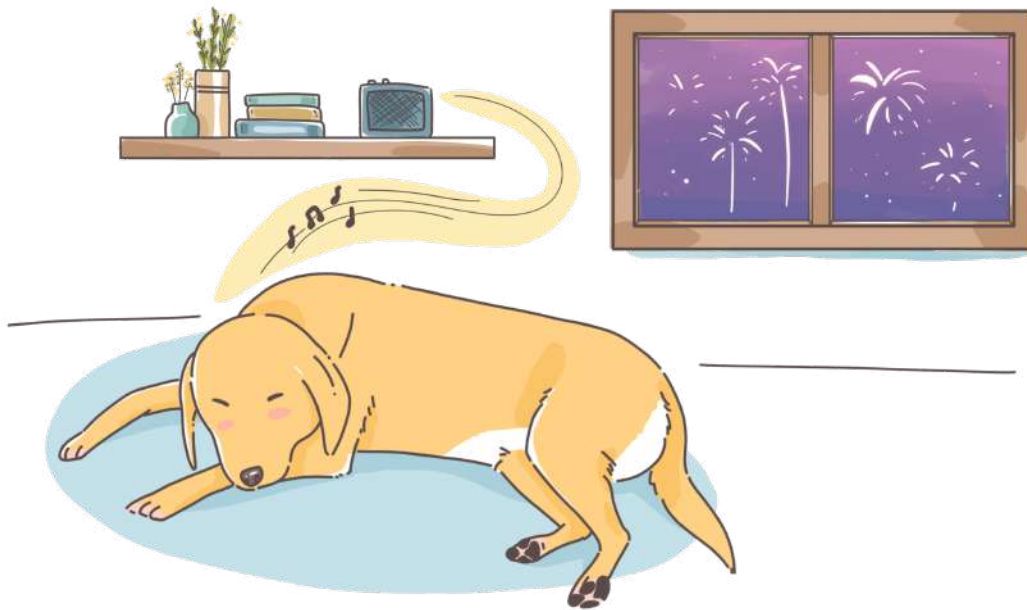
A study even presented the power of familiarity on a dog's brain. Neuroscientist Gregory Berns found out dogs know how to associate things with humans.^[52]

For example...

If listening to classical pieces is a daily routine, dogs won't feel alone if you play Mozart when you leave.

This is why it matters that you play music even when you're around. So our pooch won't associate music time with parting time.

#5: Stimulates mental health



Many scientific pieces of research proved that music works for dogs well being.

Some of the benefits include quality sleep and less anxiety. Music can mask sounds that make Fido anxious or scared.

If we leave them alone, we don't know what type of noises they'll be exposed to.

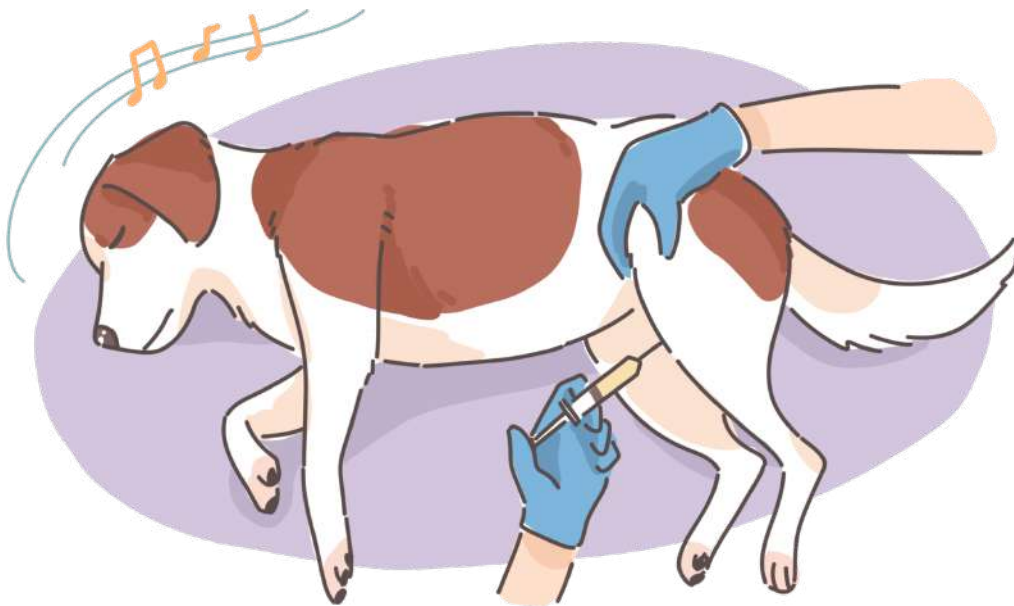
Since they have sensitive hearing, dogs can intensively hear loud sounds such as:

- Fireworks.
- Thunderstorms.
- Household appliances.
- Barking of neighborhood dogs.

Playing background music to cover these anxiety-causing noises can help calm Fido.

However, it's still best to know the triggers of our fur babies' mental health issues by consulting trusted vets.

What do the vets think about music for dogs?



Music has been one of the most effective tools in the clinical industry to decrease anxiety.

Not just in humans, but even for our four-legged companions.

A study revealed that in highly stressed environments, music can relax patients.^[53]

This is one of the reasons why some vets adapted to playing classical music in their clinics.^[54]

Because of this, hospitalized dogs showed calmer behavior while being treated.

What kind of music should I leave on for my dog?

It's best to play music that falls into the following genres:

- Reggae.
- Classical.
- Slow rock.

These sounds have been confirmed as helpful in making Fido calm and relaxed.

You may prepare a playlist before you part ways with them. AKC also shared a long list of dog music.^[55]

Some of these include:

- Sublime's "*I Love My Dog.*"
- Dolly Parton's "*Cracker Jack.*"
- The Beatles' "*Martha My Dear.*"
- Pink Floyd's "*Seamus The Dog.*"
- Harry Nilsson's "*The Puppy Song.*"

Also, ensure to set the right volume of music to avoid overwhelming your dogs.

Keep the volume lower than 85 decibels. This is equal to the noise of a power lawn mower or a hair dryer.

Sound researcher Joshua Leeds confirmed Fido may suffer hearing loss if they're constantly exposed to sounds above this decibel level.^[56]

Vets also confirmed that dogs can experience hearing loss. Thus, be mindful not to exceed the recommended volume.^[57]

There are protective earphones you can buy for your canine friends, such as:

- [Noise Protection Ear Muffs.](#)
- [Noise Cancelling Knitted Hats.](#)
- [Ear Plugs for Hearing Protection.](#)

REFERENCES

1. <https://www.sciencedirect.com/science/article/abs/pii/S0031938416306977>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7022433/>
3. <https://www.petmd.com/dog/general-health/what-kind-music-calms-dogs>
4. <https://www.gla.ac.uk/schools/bohvm/staff/neilevans/>
5. <https://rspcavic.org/learn/boredom-in-dogs/#:~:text=Without%20proper%20preparation%2C%20dogs%20become,anxiety%20and%20obsessive%2C%20compulsive%20behaviours.>
6. <https://www.sciencedirect.com/science/article/abs/pii/S1558787811001845>
7. <https://www.akc.org/expert-advice/advice/how-to-tell-if-your-dog-is-stressed/#:~:text=Stress%20signs%20to%20look%20for,eye%20contact%20or%20look%20away.>
8. <https://www.health.harvard.edu/blog/heart-rate-variability-new-way-track-well-2017112212789>
9. <https://emerginginvestigators.org/articles/music-s-effect-on-dogs-heart-rates/pdf#:~:text=The%20results%20showed%20that%20classical,any%20reaction%20from%20the%20dogs.>
10. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4439552/>
11. <https://positively.com/victoria-stilwell/about-victoria/>
12. <https://www.merckvetmanual.com/dog-owners/brain,-spinal-cord,-and-nerve-disorders-of-dogs/parts-of-the-nervous-system-in-dogs>
13. <https://www.sciencedirect.com/science/article/pii/S0896627307005004>
14. <https://www.aspcapetinsurance.com/resources/can-dogs-get-depressed/#:~:text=Any%20dog%20can%20suffer%20from,Tzu%2C%20and%20Jack%20Russell%20Terriers.>
15. <https://journals.sagepub.com/doi/10.1177/1029864920972161>
16. <https://pubmed.ncbi.nlm.nih.gov/27712096/>

17. <https://www.petmd.com/dog/general-health/what-kind-music-calms-dogs>
18. <https://pure.qub.ac.uk/en/persons/deborah-wells>
19. <https://civtedu.org/faculty/dr-susan-wagner>
20. <https://icalmpet.com/wp-content/uploads/BioAcoustic-Research-and-Development-Executive-Summary.pdf>
21. <https://www.joshualeeds.com/>
22. <https://www.cathymadson.com/dog-training-cathy-madson-seattle>
23. <https://laurieanderson.com/>
24. <https://www.billboard.com/music/music-news/laurie-anderson-play-s-concert-for-dogs-at-sydney-opera-house-957900/>
25. <https://www.psychologytoday.com/us/blog/animal-emotions/201903/how-dogs-hear-and-speak-the-world-around-them>
26. <https://www.cambridge.org/core/journals/animal-welfare/article/abs/influence-of-auditory-stimulation-on-the-behaviour-of-dogs-housed-in-a-rescue-shelter/165099F5CFDA9550B703089A8CE1CC80>
27. <https://pubmed.ncbi.nlm.nih.gov/25708275/>
28. <https://www.ontariosheltermedicine.org/wp-content/uploads/2018/11/Kennel-Stress-in-Dogs-OSMA-2018.pdf>
29. <https://www.scottishspca.org/>
30. <https://topdogtips.com/wp-content/uploads/2018/10/Dogs-Like-Music-Studies.pdf>
31. <https://www.nature.com/articles/nature06476>
32. <https://www.ingentaconnect.com/content/ufaw/aw/2002/00000011/00000004/art00002>
33. <https://link.springer.com/article/10.1007/s12144-022-03108-9#:~:text=Concerns%20have%20been%20raised%20that,in%20community%20and%20psychiatric%20populations.>
34. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7822479/>
35. <https://vcahospitals.com/know-your-pet/fear-of-noises-and-places-in-dogs>
36. <https://www.psychologytoday.com/intl/blog/canine-corner/201204/do-dogs-have-musical-sense>
37. <https://www.debbyeturnerbell.com/>

38. <https://www.cirmmt.org/en/events/workshops/research/music-pain/images/gaston-1951-nr>
39. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6067676/>
40. <https://www.aspca.org/pet-care/dog-care/common-dog-behavior-issues/separation-anxiety>
41. <https://www.humanesociety.org/resources/how-help-dog-anxiety>
42. <https://history.gg/guernsey-vet/>
43. <https://www.sciencedirect.com/science/article/pii/S0168159122001460>
44. <https://www.sciencedirect.com/science/article/pii/S0168159122001460>
45. <https://pets.webmd.com/dogs-separation-anxiety>
46. <http://www.encephalos.gr/pdf/52-1-03e.pdf>
47. <https://www.amcny.org/blog/2015/08/19/music-as-medicine/>
48. <https://www.msdivetmanual.com/dog-owners/behavior-of-dogs/normal-social-behavior-in-dogs#:~:text=Dogs%20interact%20with%20each%20other,%2C%22%20vocalizations%2C%20and%20scents.>
49. <https://www.frontiersin.org/articles/10.3389/fpsyg.2019.01514/full>
50. <https://link.springer.com/article/10.1007/s10071-017-1092-8>
51. <https://link.springer.com/article/10.1007/s10071-012-0510-1>
52. <https://www.sciencedirect.com/science/article/pii/S0376635714000473>
53. https://www.researchgate.net/publication/327843860_What_makes_music_relaxing_An_investigation_into_musical_elements
54. <https://pubmed.ncbi.nlm.nih.gov/31943134/>
55. <https://www.akc.org/expert-advice/lifestyle/love-loss-appreciation-songs-about-dogs/>
56. <https://www.simonandschuster.com/authors/Joshua-Leeds/410048881>
57. <https://www.sciencedaily.com/releases/2020/03/200305132118.htm#:~:text=Just%20as%20in%20humans%2C%20loud,sound%20waves%2C%22%20Foss%20said.>