

Unit 6B Reading, pp.100-101

Sample summaries

Music while you work?

Up to now, listening to music at work has been just a matter of personal preference. However, recent research has proved that it can help depending on the job. Uplifting music can make your brain be more productive when you need to be creative. But, if you're trying to solve a problem, you're better off in silence.

Although we've always believed that listening to music is just a matter of personal preference, recent research has proved that, when it comes to creative work, uplifting music can help your brain think better. But, if you're trying to solve a problem, you're better off in silence.

What doctors listen to...

Ramon says that cool music at work puts him in a better mood and helps him perform better. He finds that people don't mind staying late if he plays some crowd-pleasers during long and complex operations.

Doctor Ali prefers music to silence at work. Her current boss usually plays classical music. However, most of the nurses she works with are younger, so, as soon as he leaves, they put on some contemporary songs.

Samuel is a cardiac surgeon who never listens to music when he's in surgery. He says that it is not easy to find a style that pleases everyone in the O.R. Also, he believes that the noise interferes with work and makes it difficult for them to communicate.

Doctor Gabriel Weston cares about his patients, that's why he usually plays their favourite music to get them to relax. But, if things get serious, he turns it off immediately. Broadly, he believes that music is good for meticulous jobs.

How you can use music to sleep better [more sample summaries](#)

Music, especially classical, has proved to be a popular choice to unwind before bed when you're feeling tense.

To put your body into sleep mode and really give your brain a rest, you should choose music that does not stimulate your mind. So, forget about lyrics (go lyric-free), and put away your earphones, too.

You need to be consistent to get the beneficial effects of music. Plus, make sure your nightly routine and environment is soothing and dimly lit.