

Les effets de la musique sur le cerveau



1

La musique peut influencer la perception de l'effort et faire oublier l'état de fatigue



2

Écouter de la musique fait libérer de la dopamine dans le cerveau



3

Améliorer le sommeil et la relaxation



5

La musique d'ambiance aide à la créativité



4

État de bien-être et émotions positives



Les Neurones Enchanteacutes Le Cerveau Et La Musique

Daniela Niemeyer



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