

## The Science Behind Solfeggio Frequencies [BetterSleep.com](http://BetterSleep.com)

Whether you're relatively new to soothing sounds or are a seasoned listener, the term 'Solfeggio frequencies' might be entirely new to you.

[Solfeggio frequencies](#) refer to specific tones of sound that help with and promote various aspects of body and mind health. These frequencies are reputed to date back to ancient history and said to be the fundamental sounds used in both Western Christianity and Eastern Indian religions, chanted by the Gregorian Monks and in ancient Indian Sanskrit chants.

Physician and researcher, Dr. Joseph Puleo, rediscovered Solfeggio frequencies in the 1970s, bringing their benefits back into public awareness. In his research, he used mathematical numeral reduction to identify six measurable tones that bring the body back into balance and aid in healing.

These Solfeggio frequencies were believed to profoundly affect the conscious and subconscious mind in order to stimulate healing and promote vitality. Thanks to Puleo's work and the renewed interest, many scientists have since unearthed more evidence supporting the positive effects that these frequencies have on the human body.

### **The science behind the Solfeggio frequencies**

The scientific community began connecting the dots between the type of music played and the variety of physical effects on the human body. In 1988, [biochemist Dr. Glen Rein](#) made a discovery that confirmed what the ancient spiritual traditions understood when he tested the impact of different music on human DNA.

Rein exposed similar DNA vials to four kinds of music with different frequencies – Gregorian chants, Sanskrit chants, classical, and rock. By measuring the rate of UV light absorption, an essential function of healthy DNA, Rein was able to assess the effects of each type of music. And the results will make you reconsider the type of music you listen to when you want to relax.

The Gregorian and Sanskrit chants had the most positive, even healing, effects by increasing UV light absorption between 5 to 9 percent. The classical music increased UV absorption by small amounts. And rock music decreased UV light absorption, harming the DNA. Rein's research supported the theory that sound frequencies do produce serious effects, for better or worse, on health and well-being.

Since Rein's illuminating discovery, further research has come to light that shows [Solfeggio frequencies have profound mental, emotional, and physical effects](#). Additionally, this understanding has led to music therapy becoming established as a health profession to help individuals therapeutically using various aspects of music creation and listening.

However, to understand what's so special about the Solfeggio frequencies and how they differ from other tones, it's first important to understand the Schumann resonance.

[YouTube Playlist \(3 hour\)](#)



## **Scientific tuning and the Schumann resonance**

You might be wondering why it is that Solfeggio frequencies produce more positive effects on the body than any other sounds or tones. The answer lies in the Schumann resonance.

In 1952, German physicist Winfried Otto Schumann mathematically documented the electromagnetic resonances existing between the Earth's surface and the ionosphere—the electrically charged part of the Earth's atmosphere. Schumann discovered that these electromagnetic waves, originating from discharges of lightning, resonated at a low frequency ranging between 7.86 Hz to 8 Hz. He determined that this frequency was, in essence, the Earth's heartbeat. It has since been coined the Schumann resonance after its founder.

Schumann's successor, doctoral candidate Herbert König, took this research a step further. He studied the connection between the Schumann resonances and found them to match various levels of human brain activity by comparing EEG recordings with the Earth's electromagnetic fields.

Konig discovered that the resonances matched five different brainwave states: delta, theta, alpha, beta, and gamma. These are the brainwave states that occur naturally during all daily activities from sleeping to creating to learning.

Further research supports Konig's findings that confirm [the incredible similarities between the Schumann resonance and human brain activity](#). Additionally, other research shows that the low frequency of [the Schumann resonance has been found to provide synchronization for higher brain function](#).

So, how do the Schumann resonances relate to Solfeggio frequencies?

The Solfeggio frequencies have such positive effects because they resonate in harmony with the Schumann resonance of 8 Hz. Musically speaking, the frequencies are derived by beginning at 8Hz and working up the musical scale octave by octave until the C note is vibrating at the 256 Hz frequency and the A note is vibrating at 432 Hz. When [music](#) is tuned to harmonize with this frequency it is known as scientific tuning.

The Solfeggio frequencies include, but are not limited to, six different tones. Let's take a more in-depth look at each frequency and its unique healing effects on the body and mind. Discover which could be the best healing frequencies.

## **The benefits of the different Solfeggio frequencies**

### **432 Hz**

Many ancient musical instruments were constructed for 432 Hz tuning and before the mid-20th century, 432 Hz was the standard of instrumental tuning. Since then 440 Hz tuning has become the

norm. The 432 Hz frequency resonates with the Schumann Resonance of 8 Hz and is known for its deeply calming and soothing effects.

A recent double-blind study from Italy showed that [music tuned to 432 Hz slows down the heart rate](#) when compared to 440 Hz. This frequency fills the mind with feelings of peace and well-being, making it the perfect accompaniment for yoga, gentle exercise, meditation, or sleep.

## **528 Hz**

Even though the science on the reparative effects of the 528 Hz solfeggio frequency is still in its infancy, early research indicates that it has the ability to heal and repair the body.

A 2018 study from Japan discovered [that music tuned to the frequency of 528 Hz significantly reduced stress in the endocrine systems and autonomic nervous systems](#)—even after a mere five minutes of listening. And in a study published in the Journal of Addiction Research & Therapy, the frequency of 528 Hz reduced the toxic effects of ethanol, the principle ingredient found in alcoholic drinks, on cells. Even more astounding was that this frequency also increased cell life by about 20 percent.

The energizing and healing effects of music set to 528 Hz make it ideal background music any time you feel under the weather or simply need to unwind.

## **396 Hz**

Music tuned to 396 Hz helps remove subconscious fears, worries, and anxiety. It also helps to eliminate feelings of guilt and

subconscious negative beliefs blocking the path to achieving personal goals.

Listening to music tuned to this frequency is most helpful when you want to feel more uplifted, secure, and give power to your goals and dreams.

### **639 Hz**

The frequency of 639 Hz helps balance emotions and elevate the mood. It also promotes communication, love, understanding, and brings harmony into interpersonal relationships.

Music set to 639 Hz is perfect when you need a significant boost of love and positivity or are dealing with conflicts in relationships.

### **741 Hz**

Music tuned to the frequency of 741 Hz helps with problem-solving, cleansing the body, and self-expression. It also helps to awaken intuition and promote living simply and purely.

This frequency is ideal if you're struggling with living a healthy lifestyle, expressing creativity, or speaking your truth.

### **852 Hz**

The 852 Hz Solfeggio Frequency helps to replace negative thoughts with positive ones, making it ideal when nervousness or anxiety is bringing you down. It also aids in awakening intuition and inner strength.

You'll enjoy listening to music set to 852 Hz if you're seeking to communicate with and live in harmony with your highest self.

Whether you prefer to have it as background music during daily activities or to accompany you while you sleep, each Solfeggio frequency has unique uplifting and soothing effects that you'll undoubtedly enjoy. Some of the frequencies mentioned can be found in the app to mix with other sounds or content.

Learn more about [417 Hz Frequency](#)