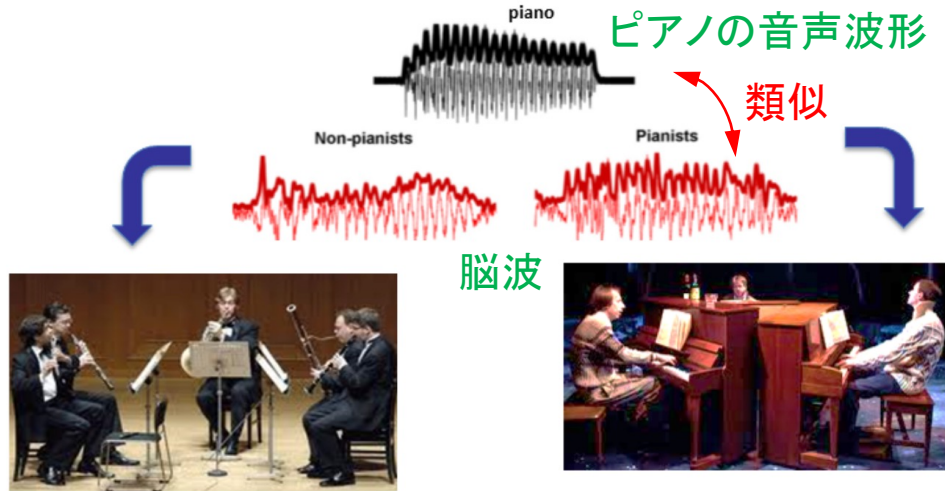


音楽家は自分の楽器の音に脳波が反応する

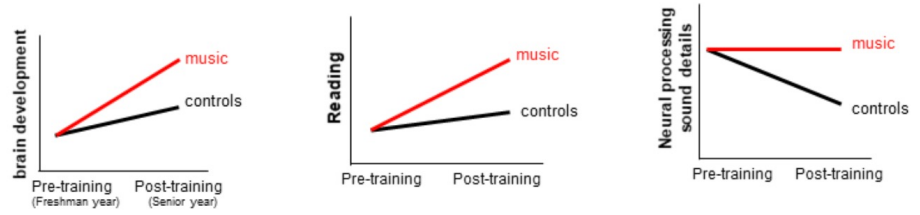
Musicians' brains tuned to own instrument



Strait, Ashley, Chan, Kraus (2012) Cortex

音楽トレーニングすると、脳力向上をアップする

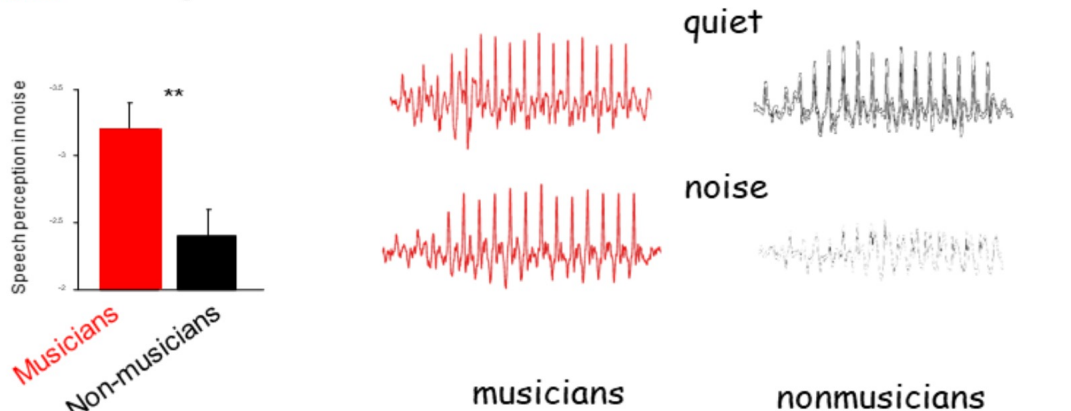
High school **music training** alters brain development in at-risk adolescents



Tierney, Krizman, Kraus, PNAS, 2015

音楽家は騒音の中でも話声がわかる

Musicians hear listening in noise better



Parbery-Clark et al. (2009) Ear Hearing

音楽演奏を止めても、神経応答の質は維持される

What happens after you stop playing music?
Does the brain continue to profit?

YES!



Adults who played an instrument as a child **still reap neural benefits**

