Effect of Classical Music and Lullaby on Physiologic Parameters and Sleep/Awake State of Hospitalized Preterm Infants

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Abstract

Background & aim: music is an appropriate auditory stimulation for preterm infants. It is a kind of developmental supportive care and reduces stress responses in autonomic, motor and state systems. So this can influence premature birth morbidities. Study assesses and compares effects of lullaby and classical music on preterm infants’ physiologic parameters and sleep/awake state.

Method: the study is a clinical trial includes 25 stable hospitalized preterm infants with 28-37 weeks gestational age and 1000-1500gr birth weight.

Results: lullaby reduced HR & RR in intervention period (p=0.000, p=0.004) and post intervention period (p=0.001), but Mozart effects were significant just for HR in intervention period (p=0.018) and for RR in post intervention period (p=0.037). O2sat was not significant. Sleep/awake state changes were significant in lullaby group both for intervention and post intervention period (p=0.000).

Conclusion: lullaby is more effective than Mozart. Stress responses reduction and physiologic stability are two mechanisms can improve prematurity developmental outcomes in future.

Key words: preterm infant, lullaby, classical music, physiologic parameters, sleep/awake state