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## Fact Sheet: Music for Chronic Illness Management

### Procedural Support

Need to be calmed down or pumped up for those shots or doctor visits? Try listening to music for at least 10 minutes before the procedure.

### Relaxation and Sleep

The use of music can help regulate breathing so that it's more even. This can promote relaxation and allow you to fall asleep and stay asleep more easily.

### Exercise Motivation

Music is the best motivator! Put on your favorite tunes while you move your body and see how much easier it is!

### Autonomy

Chronic Illnesses require more decisions to be made per day. Music can be a great emotional outlet to help you express that piece of your identity.

Accompanying Podcast: Ep. 7 – Using Music To Cope with Type 1 Diabetes with Shealyn Schmidt