



Focus on... Music

#298

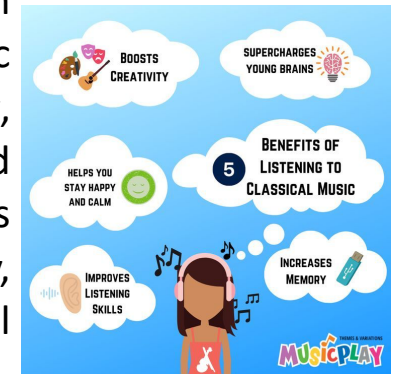
On this day...



in 1679, Italian composer Giovanni Antonio Richieri was born.

Did you know...

Research has shown that listening to music can reduce anxiety, blood pressure and pain, as well as improve sleep quality, mood, mental alertness and memory.



Go explore...

Click the image to listen to a piece of music by Giovanni Antonio Richieri.

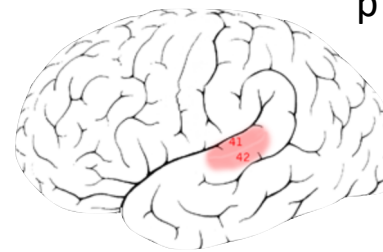
What genre of music is this?



Which instruments can you hear?

Picture this...

The part of the brain that is highlighted in pink is called the auditory cortex. This part of the brain is responsible for processing and recognising sounds.



[Click to Play the Podcast](#)

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