Somatic music – Integrating Sound and Vibration for Wellbeing

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Somatic music treats vibration as part of the music itself, allowing rhythm and atmosphere to be experienced not only through hearing, but through the body.

Sound and vibration are widely used for relaxation and meditation — ranging from traditional experiential practices to modern wellness content. While many approaches are subjective**,** *Vibroacoustic Therapy* (VAT) approach[1] provides a research-informed foundation for applying low-frequency vibration also in relaxation and wellbeing contexts.

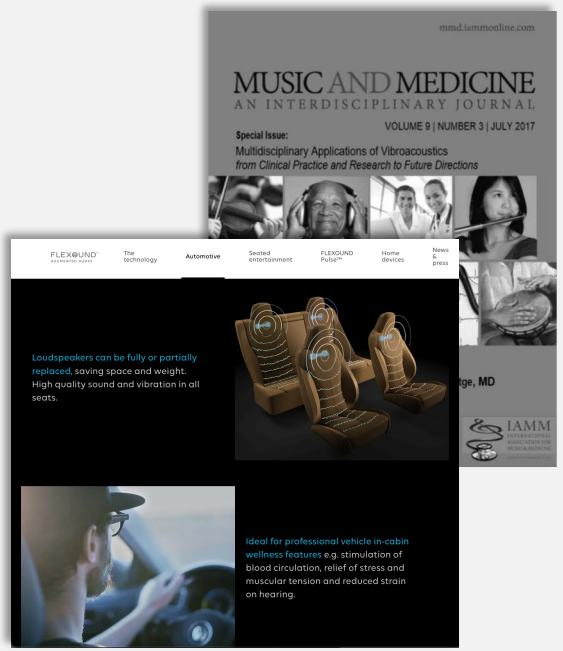
Since the 1980s, VAT has been studied in rehabilitation and therapeutic settings to support stress reduction, muscle relaxation, and pain management[1]. Structured low-frequency vibration sessions have been associated with measurable physiological changes, including improvements in heart rate variability and reductions in perceived tension[2].

Low-frequency vibration (≈30–60 Hz), delivered through a seat or cushion, engages somatosensory pathways rather than auditory perception alone. This direct body-based stimulation can:

- Support parasympathetic activation
- Reduce postural muscle load
- Encourage slower breathing

When combined with ambient music or guided relaxation, the effect depends on how well sound and vibration are designed to work together. Rhythm, intensity and atmosphere need to support both what we hear and what we feel. In this sense, somatic music treats vibration as part of the musical experience itself. It offers a new way of composing, where sound is not only heard but physically felt.

In some systems, sound and vibration are produced together, so they follow the same rhythm and dynamics. This makes the experience feel more unified and immersive and open new possibilities for personal relaxation and wellbeing applications[3].



Example of integrated audio-tactile seat technology

References

[1] VIBRAC Centre. *Research Overview: Vibroacoustic Therapy.* https://www.vibrac.fi/research/

[2] Vilímek, R. et al. (2022). *The Effect of Low-Frequency Sound on Heart Rate Variability and Subjective Perception.* Int. J. Environ. Res. Public Health. https://www.mdpi.com/1660-4601/19/12/7203

[3] Flexound Ltd. *Technology Overview.* https://www.flexound.com

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