



From the desk of Dr Harry

## How does Mozart help preterm babies gain weight?

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Over the past 15 years several small studies have suggested that preterm babies exposed to Mozart classical music make faster clinical progress in a neonatal nursery.

A recent prospective study published in *Pediatrics* provides evidence that premature babies have reduced resting energy expenditure (REE) when exposed to Mozart. This factor may explain their faster weight gains compared to those babies not exposed to the 'Mozart Effect' - they are able to utilize their available energy in a more efficient way.

The Israeli study, **Effect of music by Mozart on energy expenditure in growing preterm infants**, cannot be considered conclusive, as it was too small and not statistically significant; however it is an interesting concept. Follow up trials with larger numbers of babies are required to strengthen the evidence.

Click [here](#) to read the abstract.

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