

Sonification of Biological Rhythms

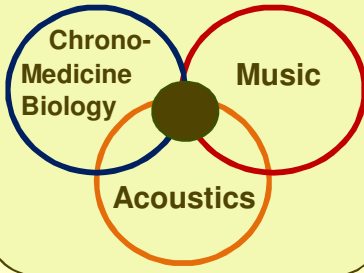
exemplified by the sound of BRAC

Annegret Linde

Germany, 88045 Friedrichshafen an.linde@stimmanalyse.eu www.stimmanalyse.eu

A new kind of music therapy has been developed generating sounds of biological rhythms.

Multidisciplinary



Universal Parameters

- independent of
 - cultural and social background
 - gender, age
 - individual habits and preferences
- universally applicable

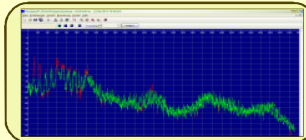
Sonification of Biological Rhythms

SBR translates the inner logic of a rhythm to a simply structured rhythmically moving mono sound

Sonification

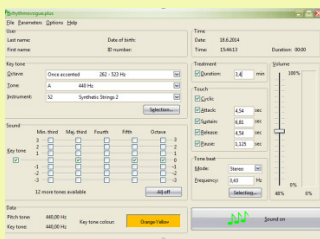
- heart beat ~ 1 Hz
- breathing ~ 66,6 – 83,33 mHz
- BRAC ~ 0,1388 mHz
- sympathetic nervous system ~ 3,3 – 40 mHz
- parasympathetic nervous system ~ 150 – 400 mHz

Chrono-diagnosis



Voice Frequency Analysis (VFA) by Heinen A., Linde A.

Rhythm Frequency Modulation (RFM)**



**by Heinen A., Linde, A.

- periodicity / time [s]
- key tone frequency [Hz]
- sound
- interval
- phase [s]
- beat (brain) frequency [Hz]
- intensity / amplitude [%]

Oktavierung - self-similarity: (acceleration / deceleration of rhythm's by halving / doubling its frequency)

$$f \longleftrightarrow f_0 \longleftrightarrow f_1 \longleftrightarrow f_2 \longleftrightarrow f_3$$

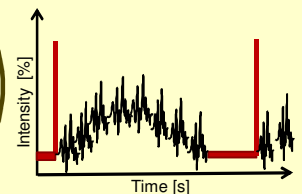
x2 x2 x2 x2

conversion: time t [s] \longleftrightarrow frequency f [Hz] $f = \frac{1}{t} \longleftrightarrow t = \frac{1}{f}$

Mono Sound

Attributes

- single tone
- harmonic sound
- rhythm's periodicity
- defined frequency
- wave character
- vibration

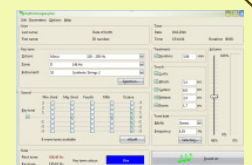


rhythmical movement

Sonification of BRAC



- rhythm periodicity: ~7200 s
- key tone frequency: 145,63 Hz
- brain frequency θ : 4,55 Hz
- intervals: oct +1/0/-1/-2/-3; 5th 0; maj 3rd 0
- sound: strings
- single sound motive 15,3 s
- phases: attack 3,4/sustain 6,8/release 3,4/pause 1,7



Therapist:

- easy and quick handling
- universally applicable
- individual treatment
- optimum assessment and control of effects

Patient:

- simplicity of structure
- maximal reduction of 'input'
- easy adaptation to a stressed / ill organism
- optimal perception
- easy assessment

SBR in therapy

- independence of cultural and social background
- multisensory therapy
- affects somatic, emotional and mental states
- basic therapy - aiming at the retraining of body's own rhythmicity
- compatibility with any kind of therapeutical intervention
- all disciplines
- application: diseases (acute, chronic); prevention; rehabilitation; stress regulation;
- combination of universality and individuality

Sciences / Research:

- clearly defined parameters
- optimal assessment and control of therapeutical effects
- interdisciplinary approach

