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METAMUSIC® in the Dental Chair

Posted By [Leslie France](#) On May 15, 2009 @ 3:35 pm In [Anxiety,Breakthrough,Dental,Margaret Paradise,Metamusic,Music,Pain Relief,Qualitative,Summer 1998,The Journal](#) | [Comments Disabled](#)

**by Margaret Paradise
Summer 1988**

Peggy Paradise is the Office Coordinator for Complete Dentistry of Tacoma, Washington, Donald C. Paradise, DDS, PS

In January of 1987, The Monroe Institute provided our dental office with ten [Hemi-Sync®](#) ^[1] [METAMUSIC](#) ^[2] tapes for use in our dental practice—specifically, for patients who faced long appointments. We were curious to see if the *METAMUSIC* would assist patients in relaxing during their dental appointments, and perhaps help with pain control.

We had *METAMUSIC Random Access, Eddys, Back Room, Modem, Highland Ring, Midsummer Night* ^[3], *Tailing Edge, Outreach, East by West*, and *Sam & George* reproduced onto a four channel tape player which is controlled by each patient at the chair. The patient has a channel changer and earphones, similar to an airline music system. The patient can control both volume and channel desired.

We first had *METAMUSIC* programmed onto one channel and regular music programmed onto the other three channels. We found that patients preferred the music they were familiar with, and did not use the *METAMUSIC* tape, even when we mentioned that that channel had music which may help them to relax. We then had a tape made with *METAMUSIC* on all four channels, and told patients that we were trying a new type of tape with music that we hoped would help them to relax. We asked for their comments and feedback.

It is interesting to note that the tape system also has an option to play whatever tape is in the player out loud, throughout the entire treatment area. At the time we were first experimenting with the tape, we happened to have it on for everyone to hear just before a staff meeting. A new associate, who was not familiar with our experiment, was in the back. She came to the front and asked what kind of music was playing. She said that she felt very irritated by the music for about fifteen minutes and was about to find someone to turn it off, when all of a sudden, she felt completely relaxed. We explained to her what we hoped to achieve by using the *METAMUSIC*, and she now uses it with certain patients.

Each channel was programmed with *METAMUSIC* in varied sequences. Patients could listen to the sequence on a channel, or switch to any of the three other channels if they preferred a different mood.

We have now used the system for a little over a year, and will continue to do so. We offer it to the majority of our patients who are having long appointments, and both Dr. Paradise and the technical assistants feel it helps to relax the patients. Patient comments range from "I can't believe I fell asleep in the dental chair," (this from a physician and an interior designer) to "I feel more relaxed, but I can still hear the drill." Most patients comment on the "New Age" music format. Since relaxation and pain control are difficult to measure, we can assess our results only by our "sense" of a patient's response and by their subjective feedback. In some cases, they feel more relaxed than we assess, and in others, we feel they are more relaxed than they feel.

We will continue to use Hemi-Sync in our dental office since it is our conclusion that both relaxation and pain control are benefited by the music. We thank The Monroe Institute for sharing this system with our office.

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[1] Hemi-Sync®: <http://www.monroeinstitute.org/journal/hemi-sync/>

[2] METAMUSIC: <http://www.monroeinstitute.org/journal/metamusic/>

[3] Midsummer Night: <http://www.monroeinstitute.org/journal/store/midsummer-night-cd.html>

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