

Forum:[Hack Forums](#)

Thread: [Low frequency music helps with headache?](#)

duplex - July 12, 2019, 11:49 am

I currently have a headache (haha) but I'm listening to music, I've noticed high frequencies make my head hurt, but when I listen to low frequency music, it can kinda feel like it's releasing some tension?

Anyone experience this?

int - July 12, 2019, 1:55 pm

not really, i get really random migraines from literally nothing, still trying to find a pattern in it

duplex - July 12, 2019, 2:21 pm

(Jul 12, 2019 01:55 PM)int Wrote: [\[CITE\]](#) not really, i get really random migraines from literally nothing, still trying to find a pattern in it

I suffer from Migraines a lot, my pattern is triggered by a few things, certain perfumes, light flashing

rabbi - July 12, 2019, 2:28 pm

(Jul 12, 2019 02:21 PM)duplex Wrote: [\[CITE\]](#) I suffer from Migraines a lot, my pattern is triggered by a few things, certain perfumes, light flashing
i get them from being sleep deprived lol

duplex - July 12, 2019, 2:42 pm

(Jul 12, 2019 02:28 PM)faded Wrote: [\[CITE\]](#) i get them from being sleep deprived lol
I get them if I lay in for about half hour in the morning

debian - July 12, 2019, 6:00 pm

Males sense. You should look into binaural beats, some of them can really have an effect. Idk if I would listen to them with a headache though

Android 17 - July 12, 2019, 6:38 pm

This is going to sound silly but where does your head hurt? Temples? Around your head like your wearing a sweatband that's too tight?
Behind the eye?

Ivex - July 12, 2019, 8:51 pm

(Jul 12, 2019 07:32 PM)M0HX Wrote: [\[CITE\]](#) asmr makes me feel anxious. I dont get how people enjoy these. i just dont.second this. triggers my fight or flight

Capn_N3m0 - July 12, 2019, 8:57 pm

(Jul 12, 2019 07:32 PM)M0HX Wrote: [\[CITE\]](#) asmr makes me feel anxious. I dont get how people enjoy these. i just dont.
I have no clue, they always sound ridiculous and pretentious as hell.

(Jul 12, 2019 11:49 AM)duplex Wrote: [\[CITE\]](#) I currently have a headache (haha) but I'm listening to music, I've noticed high frequencies make my head hurt, but when I listen to low frequency music, it can kinda feel like it's releasing some tension?

Anyone experience this?

You might try some classic ambient music, such as Robert Fripp & Brian Eno, and adjust the EQ to taper off some of the treble. Depending on your listening device or program, maybe even create a special EQ setting for when you have the headaches.