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Subject: Best Time for Music

Posted by [Duks](#) on Sat, 10 Nov 2018 11:41:27 GMT

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I'm not sure why but I tend to listen to more music towards the end of the day. Maybe it is because it helps me unwind and relax after a day's work. Do you tend to start your day with music, or end it?

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Subject: Re: Best Time for Music

Posted by [Rusty](#) on Sat, 10 Nov 2018 14:34:55 GMT

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I'm with you. Late afternoon for me. My old standby is a, platter party, spinning records and a couple brews. In the winter months I have a swell fireplace stove insert that creates a wonderful backdrop for some satisfying music.

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Subject: Re: Best Time for Music

Posted by [Jazzy](#) on Mon, 12 Nov 2018 14:58:33 GMT

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A cold beer and a country music after a hard day's work will surely lighten up my mood. I also like listening to some music while gardening or tinkering with things during the weekends.

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Subject: Re: Best Time for Music

Posted by [Reggie](#) on Sun, 18 Nov 2018 16:09:11 GMT

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Anytime is a good time for me to listen to music, except for when I'm upset or when I'm asleep. I don't like listening when I'm upset because it makes me more upset. I also don't like it when I'm sleeping because I can't continue my sleep when there is music.

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Subject: Re: Best Time for Music

Posted by [cwemoy](#) on Mon, 07 Jan 2019 05:10:48 GMT

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I always start and end my day with music because there is normally little time in the course of the day. Listening to the right kind of music helps to set the mood right.

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Subject: Re: Best Time for Music

Posted by [gofar99](#) on Mon, 07 Jan 2019 20:25:54 GMT

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Hi, Any time is fine with me.

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Subject: Re: Best Time for Music  
Posted by [Kingfish](#) on Fri, 03 May 2019 13:26:57 GMT

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There are days when it's all day, and others when it's not at all. Depends on my mood and what I'm doing during the day.

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Subject: Re: Best Time for Music  
Posted by [mamoss](#) on Mon, 03 Jun 2019 16:07:21 GMT

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I prefer to listen to music uninterrupted so morning hours or after work does it for me. Again, there is a difference when listening to music through headphones as compared to listening through external speakers.

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Subject: Re: Best Time for Music  
Posted by [AcousticJack](#) on Mon, 10 Jun 2019 19:11:39 GMT

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Actually, I can't think of any time of the day when I don't have music on. I even play it in the background while I am working. I can't live without music!

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Subject: Re: Best Time for Music  
Posted by [rIndgurakuqi](#) on Sat, 28 Aug 2021 15:10:12 GMT

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Many studies show the short-term effects of music on emotions, the medium-term impact on more stable states such as mood, and the long-term effects on our overall mental health.

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Subject: Re: Best Time for Music  
Posted by [Spotifier](#) on Mon, 30 Aug 2021 14:42:50 GMT

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I usually listen to music at night when I've done everything for the day. Sometimes I'd have some music on during mid-day when there's nothing to do while reading some book.

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Subject: Re: Best Time for Music  
Posted by [Beck](#) on Mon, 06 Sep 2021 09:02:38 GMT  
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I like listening to music early in the morning because it's like my cue that the day has started. Some would listen to the news, but I prefer listening to something pleasant to cheer myself up instead of getting bombarded with information.

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Subject: Re: Best Time for Music  
Posted by [Zart](#) on Mon, 06 Sep 2021 14:50:31 GMT  
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During my free time, I'd automatically reach for my phone to listen to music. I've tried playing it in the background during work, but it affected my focus. So, afternoon to evening works for me, depending on the schedule for the day.

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Subject: Re: Best Time for Music  
Posted by [rlndgurakuqi](#) on Thu, 09 Sep 2021 09:58:18 GMT  
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Many studies show the short-term effects of music on emotions, the medium-term impact on more stable states such as mood, and the long-term effects on our overall mental health. Looking at the short-term impact, there are three strategies by which music can regulate our state of mind. For example, it helps distract from everyday stress, suppresses negative emotions, or defuse them through catharsis, says, from singing or playing a musical instrument. It also creates a sense of control over the situation: some songs help boost self-esteem, give self-confidence - and the little things in life seem insignificant. These emotional regulation strategies are very effective. For example, I even watch videos for sleeping so that I can sleep soundly.

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Subject: Re: Best Time for Music  
Posted by [Mica](#) on Wed, 15 Sep 2021 00:21:41 GMT  
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I listen to music at various times each day. I don't think there is a better time to listen. I listen to different types of music which depends on the time and my mood. I used to listen to music when I went to bed but I don't anymore.

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