

Sources

-  [2006 Bernardi study most downloaded in Heart journal](#)
-  [Noise activates stress response via cochlea to amygdala](#)
-  [Chronic noise hormones damage blood vessel cells](#)
-  [Noise up to 65 decibels linked to hypertension](#)
-  [2021 study: silence improves cognitive performance, lowers cortisol](#)
-  [Loud noise suppresses brain's default mode network](#)
-  [2013 Kirste study: silence grows mouse hippocampus neurons](#)
-  [Brain's auditory cortex activates during silence](#)
-  [MIT study: 3-second pauses improve negotiations by 17%](#)
-  [Cage visited Harvard's anechoic chamber around 1951](#)
-  [Brain produces internal sound representations in silence](#)
-  [Quiet stretches time perception, increases body awareness](#)