

Press release

## ***Playlist* for a happy lockdown during pregnancy**

**During the coronavirus crisis, pregnant women in quarantine share the music with their babies thanks to Babypod**

**Institut Marquès has made a musical selection with the pieces that stimulate fetuses the most**

*Barcelona, March 19th, 2020*

More and more pregnant women communicate with their babies through the [Babypod](#) vaginal speaker. During the "Coronavirus crisis," Babypod has become the best way to live quarantine enjoying pregnancy as it gets mothers-to-be to live relaxed and calm these days of lockdown by feeling how their baby moves and reacts to the Music.

Institut Marquès has carried out [several studies](#) about the reaction of fetuses when they listen to music through their mother's vagina thanks to this device. This is how we have found out that babies hear when they are only 16 weeks old and measure 11 centimetres, but only if the sound comes directly from the vagina, since they can barely hear the noise coming from outside. The different studies of this renowned International Assisted Reproduction Centre have allowed creating a [playlist](#) with the pieces that stimulate babies in gestation the most.

### **Happy quarantine**

"We have stated that the melodies that stimulate babies the most are classical music and traditional songs, transmitted from parents to children for generations. We have confirmed it by watching them wake up, move their mouths, stick out their tongues, etc. It is very rare for movements like this to occur spontaneously, only 3-5% of fetuses do so without any stimulus", explains the Director of Institut Marquès, Dr Marisa López-Teijón.

After analysing the response of over 400 fetuses between 20 and 38 weeks old to different types of music, experts from Institut Marquès advice on a list with classical and traditional music. Although pop-rock is the style that causes the least reactions in fetuses, there are some exceptions to this rule, such as the song "Bohemian Rhapsody" from Queen or the instrumental song Mna Na h'Eireann, played by Sharon Corr (from the Irish band "The Corrs").

Babypod has turned the lockdown into a happy stage for babies living in quarantine inside their mother's belly. These are the music pieces that stimulate them the most and the reaction that provoke them:

CLASSICAL		Mouth tongue movement	Sticking out tongue
MOZART	K525 Serenade	91%	73%
BACH	Solo BWV1030	87%	47%
PROKOFIEV	Peter and the Wolf Op.67	88%	10%
STRAUSS	Radetzky March	80%	20%
BEETHOVEN	Symphony 9 "Ode to joy"	72%	27%

TRADITIONAL		Mouth tongue movement	Sticking out tongue
SPAIN	"Campana sobre campana" (Xmas carol)	91%	30%
JAPAN	Japanese traditional music: <i>Kizuna</i>	84%	46%
INDIA	Mantra	82%	9%
AFRICA	African drums	78%	11%
MEXICO	<i>Ranchera</i> songs	55%	5%

POP - ROCK		Mouth tongue movement	Sticking out tongue
QUEEN	Bohemian Rhapsody	90%	40%
VILLAGE PEOPLE	Y.M.C.A	90%	10%
ANTONIO OROZCO	Pedacitos de ti	90%	45%
SHARON CORR	Mna Na h'Eireann	87%	50%
SHAKIRA	Waka Waka	50%	8%

[Listen here to the different musical styles](#)

## About Institut Marquès

*Institut Marquès is a Barcelona based centre of international standing in Gynaecology, Obstetrics and Assisted Reproduction with branches in Barcelona, London, Ireland (Dublin and Clane), Italy (Rome and Milan) and Kuwait. The centre, one of the most awarded at an international level and with a wealth of experience in particularly difficult cases, helps people in more than 50 countries achieve their dream of parenthood. Institut Marquès offers the highest pregnancy success rates, with 91% per cycle in IVF with egg donation.*

*Leader in innovation, it conducts an important line of research on the benefits of music in the early stages of life, foetal stimulation and the male role in assisted reproduction treatments.*

*Institut Marquès is also involved in the research of the relationship between toxics and fertility, taking part in many initiatives that support the defence of the environment. In 2018 it started its Corporate Social Responsibility project, "The Forest of Embryos". For every child born with the help of assisted reproduction treatments, a tree is planted. Institut Marquès also supports the manifesto "Citizens for Science in Pesticide Regulation", a coalition of civil society, institutions, scientists and legal experts that demands a reform on the use of pesticides in the European Union.*

## About Babypod

*The study of the different reactions of the fetuses to the different acoustic stimuli has been carried out with the help of a sound player pioneer in its class, Babypod® the only device that broadcasts music and voice inside the vagina. It is placed as if it were a tampon and connected to the mobile, making it completely safe for both the mother and the baby. It broadcasts music and voice at a maximum of 54 decibels, which is the level of a normal conversation. In addition to making communication with the foetus possible, this device has very important medical applications: it allows ruling out foetal deafness and facilitates ultrasounds because, by causing a response in the baby, it improves the vision of foetal structures when performing them. FDA approved, this device is available online worldwide for pregnant women to use at home and to take it with them to ultrasounds to see the foetus's reaction. It provides parents with a first contact with their child as it not only allows music to be played for foetal stimulation but also allows the baby to hear the voice of their parents, even before birth.*

**Links of interest:**

<https://institutomarques.com/en/>

<https://babypod.net/en/>

<https://institutomarques.com/en/assisted-reproduction/music-and-fertilisation/>

<https://institutomarques.com/en/scientific-area/response-fetus-vaginal-music-2/discover-the-fetuses-reaction-whith-some-musics/>

**Media materials:**

- Videos and pictures:

[https://drive.google.com/drive/folders/1prXeS0jSZs4QkmmkBKdA7O\\_Jmoi\\_iSfL?usp=sharing](https://drive.google.com/drive/folders/1prXeS0jSZs4QkmmkBKdA7O_Jmoi_iSfL?usp=sharing)

- Link spotify : “Música para una cuarentena feliz”

<https://open.spotify.com/playlist/0cRA1VTroaAW6FspVeJF3G?si=l0RzUBqIRd2WzM63Gff-gA>

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