

It has also been proven that singing has [beneficial psychological effects](#) on humans. Whether starting off your day with a shower, or ending your day with a shower, it will most likely boost your mood. Singing releases endorphins and oxytocin in the brain, hormones that bring pleasure and relaxation. [Endorphins](#) in particular reduce our perception of pain, lead to feelings of euphoria, and enhance the immune response. This contributes to less stress, and a more relaxing shower.

[<https://sites.psu.edu/siowfa15/2015/10/21/why-do-we-sing-in-the-shower/comment-page-1/>]

In addition, you are never too old to sing in the shower. In fact, a study shows that singing at old age can improve mental and oral condition of the elderly. Forty-four subjects were recruited for the [study](#), 60 years or older. All participants were currently on medication for respiratory or cardiovascular diseases. They were all measured of height, weight, blood pressure, and heart rate right before they were asked to sing. They also participated in a questionnaire beforehand. All participants sang 3 songs in a row, which totaled to about 3 or more minutes. Afterwards, saliva and blood samples were taken. Results revealed a decrease in pulse rates after singing, a decrease of cortisol (a steroid hormone that is connected to stress) in saliva, and answers to the questioner involving the words: relaxed, comfortable, pleasurable, relieved, and released. These words show that there is an improved mental state for the elderly.

[<https://www.mic.com/articles/109012/science-proves-you-actually-do-sound-better-when-you-sing-in-the-shower>]

Because showers aren't usually symmetrical cubes, some of those waves travel farther than others. That, along with the fact that ceramic doesn't absorb sound well, gives your singing the effect of being stretched out, or [reverberated](#), meaning your voice "hangs" in the air longer than usual, giving it an embellished, extra-rich sound.

Reverb also helps to even out your pitch, which is great for those of us who aren't Mariah Carey. Your voice tends to get blurry as it reverberates off many surfaces, so even if you don't quite hit the exact note, it sounds closer than it would outside the shower.

Adding to their sonic talents, showers even act as [resonators](#), which means they enhance certain frequencies to deepen sound and enhance bass because of their cavity structure.

Sparks was part of a research team that followed the friendships of 32 pairs of same-sex and 13 pairs of male-female best friends from 1983 to 2002. The initial quality and closeness of their friendships were measured in different ways, including how well they played a game that assessed levels of communication and understanding. Follow-up studies took place in 1987 and

2002. Sixty-four of the individuals, including at least one friend from 38 of the pairs, participated in the 2002 study.

Songs

Best friend - rex orange county

Friends laundry day

Are we still friends tyler the creator