Free Science-Based Study Playlist Templates

Based on the cognitive research outlined in our article, we've curated four **task-specific playlist templates** designed to optimize focus, retention, and productivity. Each playlist is built according to the science of music and cognition—featuring the right tempo, instrumental style, and energy level for the task at hand.

Playlist 1: Deep Reading & Research

Optimal for: Reading academic texts, research papers, studying theory

Science-backed specs: 60–70 BPM, instrumental only, minimal complexity, consistent volume

Duration: 90+ minutes

Curated Tracks & Artists:

1. Bach – Cello Suite No. 1 in G Major (Prelude)

2. Vivaldi – "L'estro armonico" (Concerto No. 1)

3. Lo-fi girl / Chillhop Music – "Late Night Studying" (YouTube/Spotify mix)

4. Brian Eno – "Music for Airports 1/1"

Tycho – "A Walk"

6. Hiroshi Yoshimura – "Green"

7. Explosions in the Sky – "Your Hand in Mine"

8. Boards of Canada – "Dayvan Cowboy"

9. Nujabes - "Aruarian Dance"

10. Philip Glass - "Metamorphosis One"

11. Max Richter – "On the Nature of Daylight"

12. Marconi Union – "Weightless" (ambient version)

Ready-made playlist links:

Spotify: Deep Focus Reading

YouTube Music: Study Reading Mix

+ Playlist 2: Math & Problem-Solving

Optimal for: Math problems, coding, logic puzzles, data analysis

Science-backed specs: 60-80 BPM, instrumental, moderate complexity, no lyrics

Duration: 90 minutes

https://www.5staressays.com

Curated Tracks & Artists:

- 1. Philip Glass "Glassworks: Opening"
- 2. Steve Reich "Music for 18 Musicians" (excerpt)
- 3. Ólafur Arnalds "Near Light"
- 4. Hania Rani "Eden"
- 5. Dustin O'Halloran "Opus 23"
- 6. Nils Frahm "Says"
- 7. Library Tapes "Fragment II"
- 8. Alaskan Tapes "We Don't Have Each Other"
- 9. Kaitlyn Aurelia Smith "Existence in the Unfurling"
- 10. Aphex Twin "Avril 14th"
- 11. Joep Beving "Hanging D"
- 12. Café délicat "Soft Piano for Studying"

Ready-made playlist links:

- Spotify: Math & Logic Focus
- Apple Music: Coding & Problem Solving

Playlist 3: Memorization & Flashcard Review

Optimal for: Memorizing terms, dates, formulas, language vocabulary

Science-backed specs: 70-80 BPM, steady rhythm, pleasant but non-distracting

Duration: 60 minutes

Curated Tracks & Artists:

- 1. **Chopin** Nocturne Op. 9 No. 2
- 2. Debussy "Clair de Lune"
- 3. Erik Satie Gymnopédie No. 1
- 4. Miles Davis "Blue in Green" (instrumental)
- 5. Bill Evans "Peace Piece"
- 6. Ravi Shankar "Raga Ananda Bhairava"
- 7. Keith Jarrett "The Köln Concert, Part I"

https://www.5staressays.com

- 8. Balmorhea "Remembrance"
- 9. Hauschka "Freibad"
- 10. Zoë Keating "Legions (War)"
- 11. Arooj Aftab "Last Night"
- 12. Jóhann Jóhannsson "Flight From The City"

Ready-made playlist links:

- Spotify: Memorization Boost
- YouTube: Focus Recall Mix

Playlist 4: Writing & Creative Thinking

Optimal for: Essay writing, creative writing, brainstorming, editing

Science-backed specs: Silence preferred, but if needed: ambient noise, very low volume, no melody

Duration: 60 minutes

Curated Soundscapes & Tracks:

- 1. **Brown Noise** 10 Hz deep focus loop
- 2. Rain Sounds Gentle rain on window (no thunder)
- 3. Ocean Waves Consistent wave crashing
- 4. **Library Ambience** Distant page turns, soft keyboards
- 5. Brian Eno "Ambient 1: Music for Airports 2/1"
- 6. Stars of the Lid "Requiem for Dying Mothers, Part 2"
- 7. William Basinski "The Disintegration Loops" (excerpt)
- 8. Café Sound Soft chatter & coffee shop ambiance (no distinct words)
- 9. Forest Stream Babbling brook with bird sounds
- 10. White Noise Flat frequency for noise masking

Ready-made playlist links:

- Spotify: Writing Soundscapes
- Noisli.com custom mix

丛 How to Use These Templates

https://www.5staressays.com

- 1. **Choose your task** match the playlist to what you're doing.
- 2. Set volume to 50–60 dB about conversational level.
- 3. **Use headphones** noise-canceling recommended for writing/quiet playlists.
- 4. **No shuffle** play in order to maintain consistent arousal levels.
- 5. **Test for 3 sessions** track focus duration and output.

Pro Tip: Build Your Own

Use these templates as a starting point. Add similar artists/tracks that match the BPM and style. Avoid lyrics, dramatic changes, or songs you love (to prevent sing-along distraction).

Quick Access Dashboard

Task	Spotify	YouTube	Apple Music
Reading	<u>Link</u>	<u>Link</u>	Link
Math	<u>Link</u>	Link	Link
Memorization	<u>Link</u>	Link	<u>Link</u>
Writing	Link	Link	Link

Note: These are template links—replace with your actual curated playlists.

Tracking Your Results

We recommend using a simple log like this:

Date	Task	Playlist Used	Focus Duration	Productivity Rating
	es es			

Productivity Rating Scale: 1 (distracted) to 5 (highly focused)

Final reminder: Silence often beats music for deep writing and complex tasks. Use these playlists as tools—not defaults. Your brain's response is personal, so **track**, **adjust**, **and optimize**.

Happy studying!