

SLEEPOPOLIS

Dr. Faisal Tai, MD, Quoted on Potential Benefits of Autonomous Sensory Meridian Response, or ASMR

How Does ASMR Help You Fall Asleep?

Research published in the [Journal of Affective Disorders](#) showed that ASMR is associated with relaxation, a better mood, and relief from insomnia, primarily for those who experienced the tingling feeling and those with depression.

“ASMR seems to stimulate areas of the brain that produces neurohormones associated with calming and sleep, such as dopamine and oxytocin, and endorphins,” says Faisal Tai MD, Board Certified Psychiatrist and CEO of [PsychPlus](#). And according to research, [82 percent of people](#) who use videos or audio clips to induce ASMR use them to fall asleep.

