

# PLAYLISTS



**NeuroBeat**

# Introduction

All our tracks are designed for beginners using just a pair of sticks and a pillow or a practice pad if you have one.

For simplicity, we suggest using your right hand to play the kick drum, this is the boom sound you hear at the start of a piece of music. These are beats 1 and 3. Now introduce your left hand to play beats 2 and 4. This is the snare drum where you would normally clap along. Combine your right & left hands playing all 4 beats together (R-L-R-L) in time with the music.

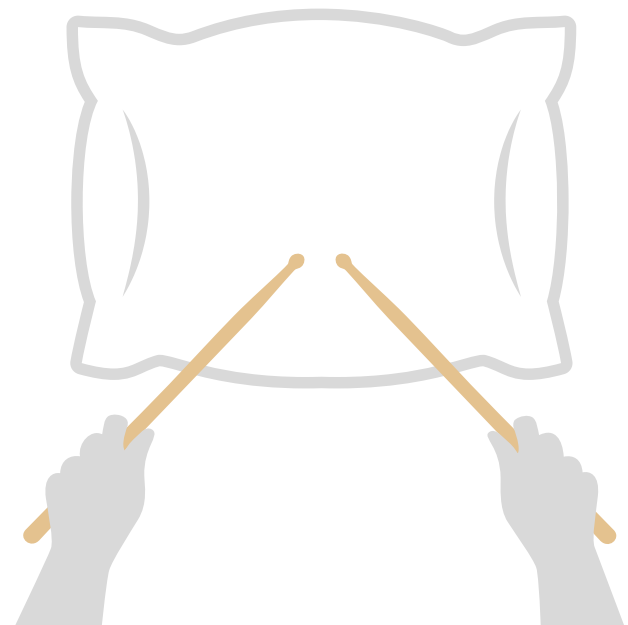
Good luck, I hope you like the playlists.

*Stu*

**Founder**



**NeuroBeat**



**Left Hand**  
Beats 2 & 4  
(snare)

**Right Hand**  
Beats 1 & 3  
(kick)

# Getting Started

## Step 1: Pick a Song from the Playlist

Choose a track with a clear, steady beat between 80–110 BPM. Start with slower tempos.

## Step 2: Play a Simple Pattern

Use this basic pattern: **Kick – Snare – Kick – Snare.**

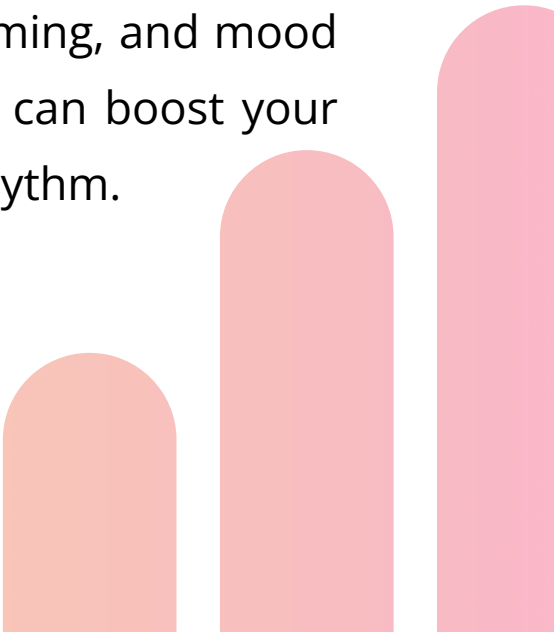
- Kick drum = your right hand
- Snare = your left hand
- Keep repeating this in time with the music

## Step 3: Focus on Coordination

Try to match the beat with your body. If you get off track, stop, breathe, and jump back in. You're building motor control and rhythm.

## Step 4: Track Your Progress

Use the daily tracker at the end of this guide to log your focus, timing, and mood after each drumming session. Even just 5 minutes of drumming can boost your energy, coordination, and mood. There's no right or wrong, just rhythm.



# The Technical Bit

## Tempo/Beat per minute (BPM)

To determine BPM we cross-reference from a number of sources:

- Tunebat / Song BPM / Spotify metadata
- Drum transcriptions / actual player timing
- Beat maps when available
- Context: how it feels to play vs. how it's measured technically

Some songs are rhythmically structured in a way that they can be interpreted in half or double-time. This means some websites may show a slower BPM, which reflects the perceived pulse of the groove.

Our BPM reflects the subdivided rhythm or how a drummer might count/play it as this aligns with our focus on motor coordination and practice tempo.

This is important because it better supports the rhythm-brain function connection (especially in conditions like Parkinson's or ADHD, where entrainment and beat salience are key)



# Timing & Planning Playlist

This playlist is designed around steady, strong beats that encourage rhythmic entrainment – where the brain and body sync to an external beat. For people with Parkinson's, this can help improve timing, coordination, and even gait.

These songs offer:

## Clear Pulse & Groove

Most tracks have a solid 4/4 beat, perfect for stepping or drumming in time.

## Moderate Tempos (90–120 BPM)

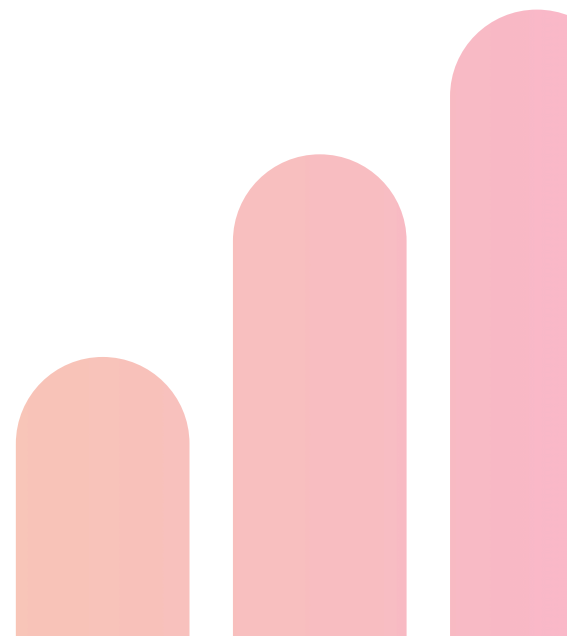
Ideal range for movement-based tasks like walking, drumming, or tapping.

## Predictability

Repeating rhythmic patterns and simple fills make them beginner-friendly and ideal for motor planning.

## Mood Boosting

Familiar songs can activate memory and motivation, increasing engagement and emotional well-being.



# Timing & Planning Playlist

| Song Title                 | Artist                        | Tempo | Groove Highlights           | Why It Helps  |
|----------------------------|-------------------------------|-------|-----------------------------|---|
| Stayin' Alive              | Bee Gees                      | 104   | Strong 4/4 disco beat       | Used in CPR training<br>Great for consistent pacing and walking rhythm. |
| Billie Jean                | Michael Jackson               | 117   | Steady kick-snare groove    | Enhances step timing and cue-based movement.                            |
| Uptown Funk                | Mark Ronson<br>ft. Bruno Mars | 115   | Punchy, danceable rhythm    | Aids motivation and dynamic footwork.                                   |
| Another One Bites the Dust | Queen                         | 110   | Tight bass and snare sync   | Great for initiating movement and stride consistency.                   |
| Come Together              | The Beatles                   | 84    | Slower, head-nod tempo      | Promotes body awareness and control.                                    |
| Boulevard of Broken Dreams | Green Day                     | 84    | March-like 4/4 beat         | Encourages strong heel-to-toe gait.                                     |
| Take It Easy               | Eagles                        | 138   | Laid-back shuffle groove    | Encourages smooth, relaxed motion.                                      |
| Let's Dance                | David Bowie                   | 114   | Groove-heavy pop-rock       | Enhances lateral weight-shift and coordination.                         |
| Go Your Own Way            | Fleetwood Mac                 | 120   | Rolling toms, straight beat | Works well for rhythmic hand-foot movement.                             |
| Shut Up and Dance          | Walk the Moon                 | 128   | Punchy kick-snare hits      | Boosts energy and upper-limb coordination.                              |

# Repetition & Rhythm Playlist

After a stroke, drumming can support motor recovery, rhythm perception, and cognitive engagement. This playlist was crafted to promote repetition, bilateral coordination, and cross-limb control – especially beneficial for retraining brain-body pathways. The tracks were chosen for:

## Even Rhythms

Encourage consistent movement between limbs.

## Simple Structure

Helps with cognitive load; users can anticipate changes in the music.

## Mid-Tempo Grooves (80–110 BPM)

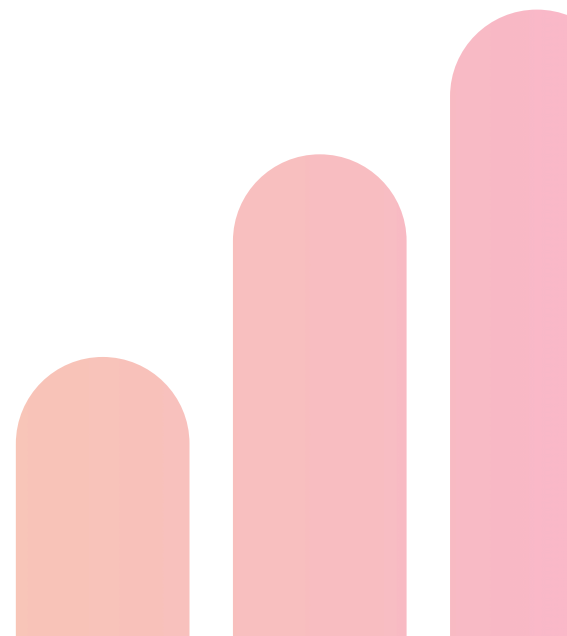
A sweet spot for relaxed yet focused physical engagement.

## Musical Familiarity

Encourages recall and confidence during practice.

## Optional Challenges

Some slight variations for users ready to push their coordination or timing further.



# Repetition & Rhythm Playlist

| Song Title        | Artist              | Tempo | Groove Highlights                            | Why It Helps   |
|-------------------|---------------------|-------|--|--|
| Clocks            | Coldplay            | 130   | Great for right/left limb alternation        | Steady pulse and simple backbeat aid rhythmic motor practice |
| Come As You Are   | Nirvana             | 120   | Easy groove, good for limb control           | Repetitive patterns encourage motor memory                   |
| Yellow            | Coldplay            | 144   | Ideal for relaxed timing practice            | Smooth dynamics and predictable timing                       |
| One Love          | Bob Marley          | 76    | Encourages bilateral movement at gentle pace | Slow groove, supports relaxed coordination                   |
| Seven Nation Army | The White Stripes   | 124   | Simplified beat easy to follow               | Iconic riff helps with memory & timing                       |
| Dreams            | Fleetwood Mac       | 120   | Feel-based drumming improves fluidity        | Soft shuffle supports flowing coordination                   |
| Billie Jean       | Michael Jackson     | 117   | Great for practicing groove precision        | Clear hi-hat pattern and snare placement                     |
| Use Somebody      | Kings of Leon       | 130   | Encourages relaxed, even sticking            | Builds endurance and coordination with moderate tempo        |
| Lean On Me        | Bill Withers        | 72    | Slower tempo for controlled movement         | Emotional connection boosts motivation                       |
| Africa            | Toto                | 92    | A good mid-level challenge track             | Layered groove challenges motor sequencing                   |
| Uptown Funk       | Bruno Mars          | 115   | Engaging and fun                             | Syncopated beats support cognitive-motor interaction         |
| Better Together   | Jack Johnson        | 90    | Nice for finger control and light playing    | Relaxed tempo for stress-free practice                       |
| High Hopes        | Panic! At The Disco | 160   | Optional challenge track                     | Energetic and upbeat, boosts mood and responsiveness         |



# Focus & Impulses Playlist

For individuals with autism or ADHD, rhythm-based activities like drumming can help regulate attention, improve impulse control, and support sensory processing. This playlist was designed to promote focus, rhythmic anticipation, and creative self-expression – while offering enough structure to stay anchored. The tracks were chosen for:

## Clear, Repeatable Rhythms

Tracks provide structure and predictability, key for neurodiverse drummers.

## Controlled Start/Stop Moments

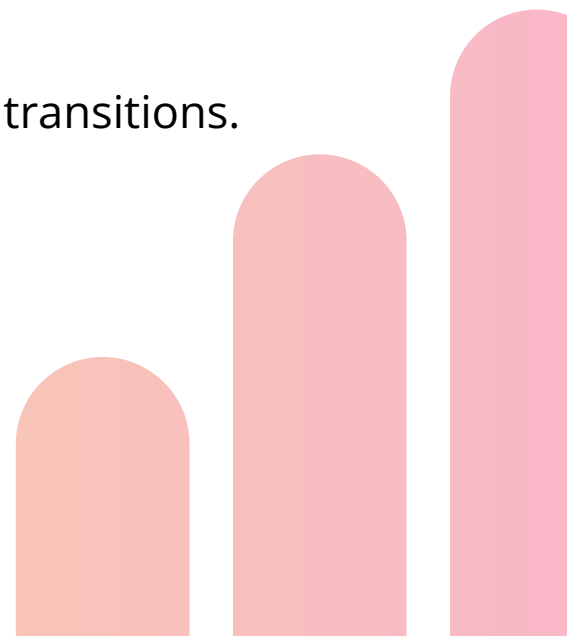
Helps with impulse control, anticipation, and rhythm resetting.

## Dynamic Energy Range

Some tracks help calm the nervous system; others help activate it.

## Beginner Friendly

Songs follow basic 4/4 beats with limited fills and straightforward transitions.



# Focus & Impulses Playlist

| Title             | Artist            | Tempo | Groove Highlights                             | Why It Helps  |
|-------------------|-------------------|-------|---|---|
| Seven Nation Army | The White Stripes | 124   | Straightforward beat, ideal for beginners     | Hypnotic, repetitive riff anchors focus                         |
| We Will Rock You  | Queen             | 81    | Minimal kit needed, body percussion friendly  | Stomp-clap pattern aids motor timing and mimicry                |
| Feel It Still     | Portugal. The Man | 160   | Fast, but beat is consistent and playable     | High-energy groove, boosts alertness                            |
| Clint Eastwood    | Gorillaz          | 90    | Simple loop-based drumming                    | Lo-fi groove, good for entrainment and calm                     |
| Buddy Holly       | Weezer            | 121   | Intro to hi-hat/snare coordination            | Structured pop-rock, upbeat without overwhelm                   |
| Come As You Are   | Nirvana           | 120   | Strong kick/snare structure                   | Repetitive, predictable groove, good for rhythm locking         |
| Take On Me        | a-ha              | 170   | Great for coordination once warmed up         | Fast tempo for energy release, layered synth-drums for interest |
| Billie Jean       | Michael Jackson   | 117   | Practice ghost notes and tight snare playing  | Groove-focused track with clear snare/kick patterns             |
| My Hero           | Foo Fighters      | 130   | Big open beat, suitable for emotional release | Build-and-release structure supports anticipation and reward    |
| Stressed Out      | Twenty One Pilots | 85    | Encourages relaxed groove with accents        | Lyrical relevance + syncopated drumming helps focus shifts      |
| Radioactive       | Imagine Dragons   | 136   | Great for building dynamic control            | Percussive, tribal-like rhythm helps sensory engagement         |

# Daily Tracker

Use the chart below to record your daily experience