

## Music Medicine Comparison Chart: Surgical Serenity Solutions vs. Spotify (Streaming) vs. Music Therapy

Category	Surgical Serenity Solutions	Spotify/Streaming	Music Therapy
<b>Cost &amp; ROI</b>	Program-based • Scalable • Predictable	Low cost • Licensing risk • Hidden fees	High cost • Staffing • Ongoing
<b>Operational Cost</b>	Minimal staff • No disruption	Minimal staff required	Therapist required • Scheduling • Labor heavy
<b>Clinical Effectiveness</b>	Designed for the entire perioperative period • Stabilizes vital signs through rhythmic entrainment • Strong evidence	Not therapeutic • Variable • Playlist dependent	Strong evidence of ability to reduce anxiety & pain • Session-based
<b>Perioperative Fit</b>	Built for OR • Recovery aligned • Workflow safe	Not curated for perioperative fit • Interruptions • Inconsistent	Rare in OR • Behavioral focus
<b>Consistency</b>	High • Preloaded • Reliable	Low • User-dependent • Variable • Interruptions from advertisements	Variable • Therapist-driven
<b>Implementation</b>	Plug & play • Cordless • No setup	Devices needed • Setup • Staff managed • License required	Hiring required • Complex
<b>Patient Experience</b>	Calming • Passive • Reduces anxiety and pain perception • Blocks noise of machines and conversations	Mixed • Overstimulating • Not chosen specifically to calm patient	Active music-making in the room or passive listening to recorded music • Varies per session
<b>Staff Burden</b>	Light • No workload • Brief training	Light • OR staff must manage	High • Coordination heavy • 1:1 patient ratio required

<b>Evidence Base</b>	Multiple research studies • Outcome-based • Perioperative and Behavioral Health	Anecdotal reports of improved mood	Extensive • Validated
<b>Legal / Licensing</b>	No risk • Safe • Already licensed	Legal risk • Public performance license required	No risk • Compliant
<b>Scalability</b>	High • System-wide • Multi-unit	High	Limited • Staff dependent
<b>Use Case</b>	Perioperative • OR + PACU • Fits in any clinical setting	Entertainment • Non-clinical	Oncology, rehab, pediatrics, hospice, etc

**Surgical Serenity Solutions | [www.SurgicalSerenitySolutions.com](http://www.SurgicalSerenitySolutions.com) |  
A Sound Approach to Recovery**

**Useful links:**

[Research studies on music in the perioperative period](#)

[Buy pre-loaded MP3 players](#)

[Buy pre-loaded headphones](#)

[Contact us for more information](#)