

I'm not a bot



Asmr eye exam

The Autonomous Sensory Meridian Response (ASMR) is a sensation that starts on the scalp and travels down the back of the neck and upper spine. It's like a gentle, pleasant tingling feeling on the skin, often compared to auditory-tactile synesthesia or frisson. ASMR can be triggered by specific sounds or intentional focus, leading to feelings of low-grade euphoria and relaxation. Some people describe it as a "static-like" sensation, similar to a mild electric current or the fizz in champagne. While there's limited scientific research on the topic, proponents argue that ASMR is distinct from sexual arousal, with many differentiating between the two experiences. The term ASMR was coined by Jennifer Allen in 2010, who chose words that were more clinical and objective than previous terms. ASMR Triggers and Phenomenon Described Through Neurobiological Correlations And Anecdotal Evidence The effects of ASMR triggers on individuals experiencing the phenomenon have been analyzed through neurobiological correlations and personal commentary from forums, blog posts, and video comments. The analysis supports the original consensus that ASMR is euphoric but non-sexual, categorizing those who experience it into two broad groups. One group relies on external stimuli to induce localized sensations and feelings in the head, neck, and upper back. This includes sounds such as whispering voices, tapping, and breathing sounds. Another group can intentionally stimulate these sensations through attentional control, likened to meditation experiences. ASMR triggers are typically auditory and visual stimuli encountered daily, or created specifically for triggering ASMR. Reported ASMR triggers include listening to whispers, soft spoken voices, and mouth sounds; watching someone perform mundane tasks like cooking or grooming; receiving personal attention such as makeup application or medical exams; and exposure to certain types of music or ambient noises produced by human activities like fingernail tapping or brushing hair. A 2017 study revealed that lower-pitched complex sounds and slow-paced detail-focused videos are especially effective triggers. Additionally, non-vocal ambient noises performed through human activities also trigger ASMR responses in many individuals, such as fingers scratching or crushing eggshells. These stimuli can be found on YouTube videos intended to induce ASMR reactions. The sensation of ASMR is often triggered by personal attention, such as touch and vocal expression from a service provider, like getting a haircut or being massaged. Watching an "ASMRtist" simulate these interactions can also be enough to trigger the sensation. Some people even find videos of medical exams to be effective in inducing relaxation. While some creators make it clear that their content is simulated, many viewers still experience therapeutic benefits from ASMR, such as improved sleep and reduced symptoms of depression and anxiety. Additionally, certain sounds like chewing and brushing can also contribute to the ASMR sensation. ASMR found in 1925 novel by Virginia Woolf. A passage in Mrs Dalloway describes a gentle, soothing sound reminiscent of ASMR. Clemens J. Setz suggests this scene from the novel may be comparable to ASMR triggers, citing comments on YouTube videos where soft voices and whispered words trigger relaxation. Animal grooming has been linked to bonding, leading some to speculate that ASMR is related to this act. Researcher David Huron notes the similarity between ASMR and physical grooming in primates, which derive pleasure from being groomed for social bonding. Studies using fMRI have found brain activity associated with touch and social behaviors during ASMR experiences. ASMR videos are a popular trigger source, often falling into intentional or unintentional categories created by "ASMRtists" or discovered by chance. Examples of ASMR-inducing media include British author John Butler's soft spoken words in his television series, American painter Bob Ross's gentle voice and sound effects, and stop-motion filmmaker PES's work. ASMR content has become increasingly popular on various social media platforms, including YouTube and Twitch, with dedicated live streams and categories emerging for this type of content. Several notable online creators, such as Gentle Whispering and Gibi ASMR, have gained significant followings by producing ASMR videos that utilize binaural recording techniques. These recordings are designed to simulate the acoustics of a three-dimensional environment, allowing viewers to experience being in proximity to the actor or vocalist. By using two microphones placed in a specific arrangement to mimic human ears, binaural recordings create an immersive experience that can elicit feelings of calm and relaxation. Unlike traditional stereo recordings, binaural recordings are typically intended for listening through headphones, where sound localization is simulated by separating the audio channels. Similar to migraines, we know ASMR exists as a syndrome due to numerous people reporting similar symptoms and patterns of occurrence. Novella speculated that ASMR could be related to either a type of seizure or the activation of a "pleasure response," but emphasized the need for scientific investigation using techniques such as fMRI and transcranial magnetic stimulation. Four months after this suggestion, Tom Stafford noted that researching ASMR is difficult due to its subjective nature and lack of physical manifestation. He drew parallels with synesthesia, which was once considered a myth but later found to be measurable. The core experience of ASMR involves a localized tingling sensation similar to being gently touched, yet triggered by watching or listening to audiovisual media without any physical contact. This has led to comparisons between ASMR and synesthesia, where one sensory modality is stimulated by another, such as seeing colors when hearing specific sounds. In the case of ASMR, many report feeling "touched" by video content. Some have attempted to link ASMR with misophonia, a condition characterized by intense negative reactions to certain sounds. However, those with misophonia typically experience feelings of anger or disgust in response to specific human sounds, which is opposite of the calming effects observed in ASMR. There are numerous anecdotal reports from individuals claiming to have both conditions, often found on online platforms where users share their experiences and interact with others who may have similar conditions. ASMR experiences vary greatly among individuals when it comes to specific sounds. For some, certain sounds trigger a sensation of ASMR, while others may experience misophonia in response to the same stimuli. Interestingly, frisson - a brief pleasurable sensation often accompanied by goosebumps - shares similarities with ASMR in terms of physiological mechanisms, but individuals who have experienced both describe them as distinct and having different triggers. Research suggests that the brain regions activated during frisson are also involved in ASMR, which could explain their similar short duration and tingling sensations. People who experience ASMR often report feeling relaxed and sleepy after consuming ASMR content. While some commentators have linked ASMR to intimacy, there is currently no evidence to support a connection between the two. Several artists, including Claire Tolan and Lucy Clout, have explored ASMR in their work. Tolan's Berlin-based practice has been active since 2013, while Clout's video "Struggling Offing" examines online ASMR broadcasts through a female body model. In 2015, Julie Weitz created Touch Museum, the first digital arts installation inspired by ASMR, which featured video screenings in seven rooms and was accompanied by musical composition by Benjamin Wynn under his pseudonym "Derru". Sophie Mallett and Marie Toseland also created a live binaural sound work using ASMR triggers, broadcast by Resonance FM. The rise of Autonomous Sensory Meridian Response (ASMR) has led to its inclusion in various forms of media. Musician Holly Herndon's album "Platform" features a song with ASMR sound effects, while Pink Floyd's track "Alan's Psychedelic Breakfast" is seen as an early example of ASMR-influenced music. The film "Battle of the Sexes" deliberately included ASMR triggers to create an immersive experience. Two documentaries and one fictional piece about ASMR have been crowdfunded, with the latter, "Murmurs," premiering at the Slow Film Festival in 2018. A short documentary on ASMR, "Tertiary Sound," was screened at the BFI London Film Festival in 2019. The New Zealand psychological drama "Shut Eye" explores the relationship between an insomniac and a popular ASMR creator. HBO's Real Time with Bill Maher featured host Bill Maher and musician Moby discussin ASMR as a way to cope with stress, back in 2019. On the CBS All Access series The Good Fight, law firm uses ASMR-style presentations to get through to a judge who's really into it.[101] Criminal Minds had an episode where the team hunts for someone who uses ASMR to convince kids to leave their homes at night and go meet some bad people. Dr. Spencer Reid gets sent a video of this guy makin ASMR recordings that he plays outside kids' houses to get them to come out.[102] There's also a sketch about an ASMR award show on the Astronomy Club: The Sketch Show, and in Brooklyn Nine-Nine, Jake Peralta pretends to be an ASMRtist to help pull off a heist. Beavis and Butt-Head watches a YouTube video featuring "Gibi ASMR" too. This American Life did an episode about ASMR back in 2013, called "A Tribe Called Rest". Marie Darrieusecq wrote about it in her novel A Brief Stay with the Living, describin how feelin soft and calm when gettin eye exam. There's a book on ASMR from The Idiot's Guide series, written by Julie Young and Ilse Blansert. Craig Richard published his book Brain Tingles back in 2018. Writer Laura Nagy made an Audible Original podcast Pillow Talk about her experience with ASMR role-play to deal with loneliness and anxiety. There was a big exhibition on ASMR called Weird Sensation Feels Good at Sweden's ArkDes museum in 2020, and it opened in London too in 2022, and then in Hong Kong in 2025.[112] The phenomenon of ASMR has gained significant attention in recent years, with millions of people worldwide being drawn to its unique and soothing content. Research has shown that ASMR can induce a flow-like mental state, characterized by feelings of relaxation and reduced anxiety (Barratt & Davis, 2015). This experience is often described as a tingling sensation or "frisson" in response to certain stimuli, such as whispering, tapping, or watching slime videos. The rise of ASMR has been attributed to various factors, including the increasing popularity of online media platforms and the growing demand for relaxing content. Social media platforms like YouTube have become hubs for ASMR creators, who produce content ranging from soft spoken narratives to role-playing scenarios (Marsden, 2012). In addition to its entertainment value, ASMR has also been recognized as a legitimate tool for stress relief and relaxation. Studies have shown that ASMR can reduce symptoms of anxiety and depression, while also improving sleep quality (Tihanyi et al., 2018). This has led some researchers to explore the neural basis of ASMR, including its relationship to synesthesia and music-induced frisson (Kovacevich & Huron, 2019). Despite its growing popularity, ASMR remains a somewhat misunderstood phenomenon. Some critics have raised concerns about the explicit content found in certain ASMR videos, which has led to a debate over what constitutes "ASMRropriate" content (Lindsay, 2012). However, for many people, ASMR represents a unique and valuable resource for relaxation and stress relief. References: Barratt, E. L., & Davis, N. J. (2015). Autonomous Sensory Meridian Response (ASMR): A flow-like mental state. PeerJ, 3, e851. Marsden, R. (2012). Maria spends 20 minutes folding towels: Why millions are mesmerised by ASMR videos. Tihanyi, B. T., Ferentzi, E., Beissner, F., & Köteles, F. (2018). The neuropsychophysiology of tingling. Consciousness and Cognition, 58, 97-110. The Autonomous Sensory Meridian Response (ASMR) phenomenon has gained significant attention in recent years, with numerous studies exploring its mechanisms and applications. Researchers have investigated the neural correlates of ASMR, finding that it is associated with the default mode network, a brain region involved in mind-wandering and self-reflection. A series of articles and blog posts have helped to popularize ASMR, describing it as a unique sensory experience characterized by feelings of relaxation, calmness, and even physical sensations such as tingles. The phenomenon has been linked to various psychological and neurological processes, including frisson, flow states, and emotional regulation. Studies have also examined the relationship between ASMR and music, finding that certain types of music can induce similar sensations. Additionally, researchers have explored the role of sensory triggers in ASMR, identifying specific sounds, visuals, and textures that are commonly associated with the phenomenon. The growing interest in ASMR has led to the development of new methods for relaxation and stress relief, including guided meditation and mindfulness exercises. These approaches aim to harness the therapeutic potential of ASMR, which has been reported to have a range of benefits, from reducing anxiety and depression to improving sleep quality and overall well-being. Overall, the study of ASMR continues to advance our understanding of human perception, cognition, and emotion regulation, offering new insights into the complex mechanisms underlying this intriguing phenomenon. Researchers have been studying why people are drawn to watching Mukbang ASMR videos, which involve guided eating and listening to soothing sounds. The study, published in PLOS ONE, explores the role of mediated voyeurism (the act of watching others engage in intimate activities) and intertemporal choice (deciding between short-term gratification and long-term benefits). The researchers found that people who enjoy Mukbang ASMR videos often do so because it provides a sense of relaxation and escape from daily life. The study cites examples such as the work of Virginia Woolf, who wrote about the soothing sounds of everyday activities in her novel "Mrs Dalloway", and the YouTube channel "Bob Ross", which features calming art tutorials. The researchers also note that ASMR has become increasingly popular in recent years, with many people creating their own ASMR content on platforms like YouTube. The study cites examples such as the success of "ASMRtists" (individuals who create ASMR content), with over 100,000 subscribers and millions of views. In addition to its relaxation benefits, ASMR has also been studied for its potential therapeutic applications, including reducing stress and anxiety in pregnant women. The researchers note that ASMR technology is becoming increasingly sophisticated, with the use of virtual reality (VR) and binaural audio to create immersive listening experiences. Overall, the study suggests that Mukbang ASMR videos provide a unique form of entertainment and relaxation for many people, and highlights the growing interest in this type of content. The article discusses various topics related to ASMR, synesthesia, misophonia, and the psychology of music. It references several sources, including books by Richard E. Cytwic and articles from scientific journals like PLOS ONE and Nature Neuroscience. It also mentions the Hemisync process developed by the Monroe Institute, which is said to enhance creativity and awareness. The article touches on the concept of synesthesia, where one sense can evoke a response in another sense (e.g., seeing shapes when hearing music). The text also explores misophonia, a condition characterized by strong emotional reactions to certain sounds, such as eating or breathing noises. It notes that misophonia is often linked to ASMR, which stands for Autonomous Sensory Meridian Response. Additionally, the article discusses the physiological and psychological responses to music, including the experience of "chills" or frisson. It references a study on the psychophysiology of chills and tears in response to music. The text also touches on the concept of expectation and anticipation when listening to music, citing a book by David Brian Huron called "Sweet Anticipation." Overall, the article seems to be discussing various aspects of human perception, cognition, and emotional responses to stimuli. Autonomous Sensory Meridian Response (ASMR) and Frisson: Mindfully Induced Sensory Phenomena that Promote Happiness ASMR has been found to promote happiness by inducing a unique sensation known as frisson. Frisson is an intense feeling of pleasure or excitement typically triggered by music, art, or other sensory experiences. Researchers have discovered that listening to soft spoken words or gentle sounds can trigger the release of endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators. Studies on ASMR have also found that it can lead to increased feelings of relaxation and reduced stress levels. Additionally, ASMR has been linked to an increase in oxytocin, a hormone associated with feelings of trust, relaxation, and social bonding. The scientific community continues to explore the benefits of ASMR, with some researchers focusing on its potential therapeutic applications. Others are investigating the neural mechanisms behind ASMR and frisson, seeking to understand what makes these sensations so powerful. While more research is needed, the existing evidence suggests that ASMR has the potential to be a valuable tool for promoting happiness and well-being. Retrieved April 2, 2025. ^ Champagne, Christine. "ASMR Comes To Hollywood In 'Battle Of The Sexes'." Fast Company, September 27, 2017. Retrieved September 14, 2018. ^ "Brainasm film website". Retrieved January 20, 2016. ^ Slow Film Festival 2018. Retrieved November 25, 2024. ^ "Murmurs (2020) Official VoD Trailer." Vimeo, February 25, 2020. Retrieved November 25, 2024. ^ Tertiary Sound film website. Retrieved September 30, 2019. ^ "09x01." Would I Lie To You?. Series 9, Episode 1, July 31, 2015. BBC One. ^ "The Internet Whisperers." Follow This. Season 1, Episode 1, August 23, 2018. Netflix. ^ "Kids Teach Jimmy Kimmel About ASMR." Jimmy Kimmel Live!. Season 16, Episode 129, August 8, 2018. ABC. ^ Lucas, Amelia. "Super Bowl ad for Michelob Ultra's organic beer will bring a moment of calm to the Big Game." CNBC, January 28, 2019. 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Adams Media, 2018. ISBN 978-1507207628. ^ Nagy, Laura. ""After a bad breakup, ASMR became my obsession—and my coping mechanism."" Vogue Australia, October 29, 2021. Retrieved July 2, 2023. This Hong Kong Art Show Aims to Put You to Sleep. A recent article highlights the unique concept of ASMR (Autonomous Sensory Meridian Response), a tingling sensation that some people experience in response to soft sounds, gentle whispers, or soothing visuals. The artist shares their latest creation, which aims to induce relaxation and sleep through a detailed whispered eye exam.