

## The 'tingles' – what exactly's going on?

Introduction by Tom Service

The 'tingle factor', the 'chills'. There are many ways of describing it, a phenomenon that we've all experienced; that physical response to music. Whether it's a shiver down the spine, a warm romantic glow, or the hairs of your arms standing on end. Whatever happens, it's a moment of sublime pleasure. As Tolstoy said, music is the short hand of emotion, but the precise mechanism of the tingle factor remains something of a physiological mystery. What exactly is going on in our brains and bodies? Can neuroscience help us to understand what's happening and can our knowledge of the tingle factor be put to practical use, perhaps in the treatment of neurological disabilities? Just some of the questions we'll be asking and answering in this iWonder Guide.