

Music Playlist for ADHD Adults and Children

This playlist is designed to help both adults and children with ADHD find focus, relaxation, and emotional balance.

It includes a mix of lo-fi, classical, nature sounds, and instrumental tracks that are ideal for improving concentration, reducing stress, and creating a calming environment.

Lo-Fi and Chill Beats

1. Lofi Girl - 'Study and Chill'
2. Chillhop Music - 'Beats to Relax/Study To'
3. Idealism - 'Rainy Evening'
4. Eevee - 'Moonlight'
5. J'san - 'Good Morning Sunshine'

Classical and Instrumental Music

6. Mozart - 'Piano Sonata No. 16 in C Major'
7. Bach - 'The Well-Tempered Clavier'
8. Beethoven - 'Moonlight Sonata'
9. Erik Satie - 'Gymnopédies No. 1'
10. Claude Debussy - 'Clair de Lune'

Nature Sounds and Ambient Music

11. Brian Eno - 'Music for Airports'
12. Moby - 'Long Ambients 1: Calm. Sleep.'
13. Hammock - 'Mysterium'
14. Tycho - 'Dive'
15. Ocean Waves - 'Soothing Beach Sounds'

Focus and Productivity Tracks

16. Binaural Beats - 'Deep Focus Alpha Waves'
17. Brain.fm - 'Focus Mode'
18. White Noise - 'Office Background Sound'
19. Pink Noise - 'Gentle Rainstorm'
20. Brown Noise - 'Deep Concentration'