

Audiobooks Research Highlights

- [Audiobooks or Reading? To Our Brains, It Doesn't Matter](#) (Walter 2019)
 - Researchers from the Gallant Lab at UC Berkeley, compared brains when they were listening *and* reading, study results indicate that “words tend to activate the same brain regions with the same intensity, regardless of input.”
 - Walter surmises “... you’re not losing anything by downloading books on your phone — you’re just being a smart reader, er, listener.”
- [Are Audiobooks As Good For You As Reading? Here’s What Experts Say](#) (Heid 2018)
 - Describes Rogowsky’s 2016 study that found no significant difference in comprehension between reading an ebook, listening to an audiobook, or e-reading and listening simultaneously.
 - However, the article goes on to explain why printed books may be better for learning and comprehension than screen-based reading.
 - Supports Dr. Bryan’s preference for reading to learn and listening for entertainment.
- [New Research Shows Audiobooks Have Powerful Impact on Literacy Development](#) (Burkey 2016)
 - Study of literacy skill development in elementary students that found gains in reading comprehension and vocabulary from listening to audiobook stories without reading.
 - Suggests listening to audiobooks as a family while driving to increase literacy skills, try twenty minutes per day for five days a week for noticeable gains.

References

- Burkey, M. (2016, April 28). *New Research Shows Audiobooks Have Powerful Impact on Literacy Development*. The Booklist Reader. <https://www.booklistreader.com/2016/04/28/audiobooks/new-research-shows-audiobooks-have-powerful-impact-on-literacy-development/>
- Markham Heid. (2018, September 6). *Are Audiobooks As Good For You As Reading? Here’s What Experts Say*. Time; Time. <https://time.com/5388681/audiobooks-reading-books/>
- Walter, J. (2019, August 22). *Audiobooks or Reading? To Our Brains, It Doesn’t Matter*. Discover Magazine. <https://www.discovermagazine.com/mind/audiobooks-or-reading-to-our-brains-it-doesnt-matter>



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