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by, ● So I really have to use this site to use my headphones with Bluetooth, it keeps the headphones on at all times, if I don't have them, the sound will take a few seconds to start, which is a bit annoying for some of the audio-based work I do. Do. could have gotten a new headphone cable but i don't really want to bother with that lol. ● Creepy! ● I have been using this website for several years now to learn and commit to in-depth work. Now my brain associates white noise with :) ● I suffer from severe anxiety. The brown noise helped me relax through a period of great stress and get through my day. Thank you White Noise & Co, you're a savior. ● A very unique concept. I love it! ● Whenever I have to read, I struggle if it's too quiet. Music distracts me. White noise is the best, and this tool lets me find the perfect one. ● I work in an office where my cubicle is located in the same room as the student lunch/rest room. The only thing between us is the wall of my cubicle. White noise generators do a great job of drowning out their sound. Thank you so much! Total game changer. ● I am autistic and work in an open plan office - the fully flexible nature of the setting makes this the perfect white noise generator regardless of what happens around me when I need a deadline. Thank! ● I've been using this for years to sleep it completely blocks all background noise. It's super relaxing just to listen to aswell as just noise cancellation if doing that kind of work you need more concentration music can provide. ● Largest website ever. I ruined work while listening. ● Patches are good for people living in areas suffering from noise pollution. ● This website is amazing! I use this to focus on homework because lofi music stops working for me; It's too intrusive. The arrangement I used reminded me of a very long night flight, when I was still awake, looking out the window. ● It helps me sleep at night when I can't. It almost feels tickled in a way. ● This deep shuding and windy atmosphere makes the perfect background to the sound of my mechanical keyboard. It made me feel like I was working on my laptop while sitting comfortably in the corner of the cargo section of some giant high-tech plane as we sailed across the sky through different weather conditions and mixed A/C with sound. ● Used to study for engineering exams with lofi music, but swapped with this over a year ago because it was much :) ● Working in an open plan office after years of having my own space, I have found the background chatter very loud. My ANC headphones cut low end, but can't touch the speech – this generator might actually help me work! ● So glad I found this one! I write my stories in one language, but the people around me speak different. This preset actually did a decent job of blocking the speech, even though the birds singing, rain and other sounds somehow stayed. It's magic! :) ● I played a calibration version of the speech and music blocker at the same time. This allows me to at work and prevent distractions. ● This generator consistently helps our babies sleep on restless nights which we count as a wonderful blessing, even if it's just a simple little thing. Thank you very much. ● This site is LIFESAVER for me! I have a misophonia that makes normal everyday sounds unbearable to hear. The noise generator on this site helped drown out the noise my coworkers made and kept me sane at work! Thank! ● This really helped me with my final exam preparation. ● I love this website! It helped me create the right white noise that I needed. ● Absolutely amazing. I love the white noise because it is very soothing. Help me when I do revisions to upcoming exams, and when I need to sleep. Thanks for this site! ● Work wonders to combat background noise! Calibration makes it so that everything is blocked - especially annoying, repetitive noise in a quiet room. ● I searched various sites. This is a really nice site, from someone who LOVES waveforms and geeks. Thank. ● I love this noise! It sounded like a blizzard outside my window and was super soothing. ● Good simulation of a night plane flight. ● I don't know why but whatever noise I combine with licks telecaster just sounds amazing to me. Combining this with TL not only drowned out the noises from my surroundings, but also added a soothing atmosphere around me. Love this website! Thank you very much. ● Thank you I have social anxiety and mild asperger's and I have lived alone for 7 years before going to college. It helped me not want to kill my roommate again without blowing up all my music and tv shows to the aid of my own ears. I just clicked the speech blocker and changed it to a rotating fan volume and bam! I'm finally alone in the world. ● Drown out the annoying neighbor's bass music like charm. ● I always have sleep problems and this is very helpful. ● I have a lot of problems with being distracted by two blondes here at home (plus their uninpried musical selection). Thanks to Gray Noise I finished my book so quickly! It's amazing to use it in the office as well so I can cut all the chatter out. The sound varies so high quality, the settings are highly customizable and free, can you believe that? Will definitely donate though! ● Wow, what's going on? I feel like I'm asleep right now... Thank you so much! ● I really like the ambient background noise from Star Trek TNG Enterprise D is in space. It really relaxed me and I always wished I had a way to listen to it all the time. Now that I finally do, thank you very much. ● There is nothing like the sound of waterfal to block electronic whining and loud people in the library as I write. ● Reminds me of the wind blowing through leafy trees in summer. I miss that sound so much now in the winter. It's This me to tune the noise out so I could write poetry. Thank you :) ● I really like this generator. This really helped me focus on the tasks that existed and provided a way for me to block out additional noises in my cubicle area. I love that I can save the mix and go back there again and again. ● This is the best. I would have failed my board exam if not for this. When I come from a family of 'voices', there is no end to shouting, gossiping and talking around me. It's very helpful in that aspect. ● I have Asperger's Syndrome and have Hyperacusis (sound sensitivity) as a result and I decided to try this, it works very well to block out background noise and it works really great! I thank you for making this because it helped me so much and I love it! ● I've been looking for this for a long time. I'm one of the millions of tortured people around the world who endure the noise of an Airbus A320 every day. The A320 family has a defect that creates a whine of about 500/600 Hz upon landing. I used your special noise generator to create a signature to block it. I've been looking for something to do that for over a decade! Thank! ● The feeling of heavy snow fell around me while I was good and toast helped me to work. The mixture helps to get into the zone. ● Thanks for this site, I have been able to learn effectively with a rather noisy roommate. ● The sound helps me when everything else puts me on edge. Words and music were too much to handle but the white noise helped me feel less anxious while not laticeing my senses. ● Staying with roommates in a small room means countless nights trying to block out the noise she makes. This website has allowed me to sleep more peaceful hours and I am forever grateful :) ● Block noisy families at work. ● Since I accidentally made the volume too loud on January 20th, this myNoise website has helped me with the help of tinnitus. I love being able to edit videos, read books, and sleep wholeheartedly with this app. This has helped a LOT! ● It really helps me sleep at night, especially with podcasts or videos where someone talks vaguely in the background. ● It's a life change. I'm a musician who lives next to a busy street. Outside noise can be very taxing for my mental health. With this white noise generator, and it's control, I feel as if I can maintain my stress levels and find peace in my apartment. Love! ● I'm having trouble with noise. I'm not sure if I have mental problems or not but I'm just really disturbed and distracted by outside noises. My mom is a super loud speaker and has been babbling for 5 hours straight now. It's getting to the point where I'm going to blow up on him any time. I'm glad I found this because it really works to block out his voice. ● For some reason, I find very deep sounds such as to be really soothing to me. As long as it works, I guess! ● I customize the sub-bass bar with maximum profit; low bass for about 2/3 profit; bass for about 1/3 of the profit; high bass for about 1/4 advantage; and the acquisition of low-mid, mid, high-mid, low-treble, and high-treble to about 1/8. Increase the medium and high frequencies, to sleep, adding sounds that appear too bright, annoying, and annoying. The frequency of our brain during sleep is about 3-13 Hz. ● Amazing tool. I suddenly developed tinnitus, and this really helped me sleep, and, reduced my anxiety levels. I will make a donation to keep this fantastic site running. Whoever developed this noise generator, you are amazing! ● Use this every night to fall asleep, it really works :) ● Amazing Speech Blocker! Developer, you keep my concentration and mental health skills in this fucking noise world, thank you very much! ● I love setting my desk in my dorm room with a second monitor and everything, but my roommate can be loud and annoying. It's very good at helping me focus! ● There were some problems with ventilation in the office and there was a very annoying wind noise on the floor, which could be heard even above the music I was listening to. Find the perfect setting of sliders, and disappear! ● My fans broke up last night and I couldn't sleep. It took me 5 minutes to set it up exactly how my fans usually start and I slept like a baby instantly. Thank you so much for this. ● White noise generators really helped me focus on my studies. Somehow I worked better with some white noise in my ears. Plus it also helps me to sleep at night. ● I have misophonia, hyperacusis ... and a very noisy neighbor. This site (and its app on my phone) has honestly saved my sanity (and my PhD). I couldn't be more grateful. ● The service is very soothing, and is the only thing that helps me focus instantly! Definitely the best white noise service I've ever used. Thank! ● I've been using this for years! It helped me stay focused through my engineering degree, and still kept me focused in the first half of my medical school. This is a great way to block random background conversations in coffee shops when I feel the urge to stop learning and just listen to the noise around me. ● Quiet and simple noise to adjust and focus. ● When my coworkers feel like getting the holiday spirit and playing holiday music on their speakers for everyone to enjoy, can block it completely using this generator without the need to put the volume hard. It's the only thing that helped me make it despite the holidays at work. I'm so grateful. ● I love the Speech Blocker settings! It is useful to calm the voice of classmates who talk when they have to work. ● I love thist! My office is booth-based and Near the front door. When I'm in deep concentration mode, noise is a big annoying force preventing me from working and thinking. I listened to this and the world was blocked; a lot for my chagrin colleagues who have trouble getting my attention. I even missed the phone ring and was 30 cm away from my seat! ● There was a woman with a very annoying voice in my office, exacerbated by the fact that she liked that voice. Speech blocker settings combined with high-quality noise cancellation headphones are a match made in heaven for the purpose of blocking sound. I can't even hear myself typing these words. ● I'm looking for pure white noise, and it scares me to death. If I listen to it again my paranoia spikes, but with this, I adjust it and it's true. Absolutely perfect. Thank. ● I use it to tune the world and get down to my studies. ● I prefer pink noise. I use it when I read or on the computer in public to drown out loud conversations, people play music without using earbuds, etc. I love being able to enjoy parks and other spaces instead of having to worry about hard people. ● Static (white) noise helped me to focus, but after a few hours my head hurt. Animation options solve the problem of changing a little noise over time. I love it. ● Great page. Download the app and instantly can focus on work rather than suffering from nerves every time someone coughs. Volume goes up, lots of bass, not too much treble, I'm a happy girl :3 ● I adjust the sound so it sounds like a windy night. Doing great work gets in the way of household noise and helps me focus on my work. ● This is the best thing that has eluded me for so long. God bless you! ● When listening to the default, I miss the sound of airplane travel so I adjust the settings to get a lower frequency sound that at least for me makes me go back to the relaxing moment of being on an airplane. Thank you for this service! ● Muffled the noise of my husband barking on his computer screen as he played the MMORPG. I was finally able to read things peacefully and didn't have to reread the paragraphs a thousand times. Thank you White Noise & Co. ● I like that you can customize the sound with the slider. I'd rather have more low-end and that's possible. Our furnace is a bit hard when kicking and the mask is excellent. It makes my sleep a lot better. One of my complaints is that sliders can be a little difficult to perfect my phone's touch screen. ● It really helps focus on my academics! I couldn't really listen to any music, but I didn't even sign up that I listened to noise while I was studying. I LOVE the fact that I can customize my own voice, it really helps me serve what works best for me! Thank you to everyone who took the time and effort in creating this Site! ● My parakeet will sometimes scream completely in the morning, but this makes all the commotion disappear! ● This site is amazing and helpful with my migraines. I also like the fact that you don't even have to do colored sounds, and you can make sounds around as well! ● I have used this to retrain my ears for tinnitus. I use the slider in a horizontal position, lowering the volume as my ears adapt to the sound. The ringer is still there but the ringing volume has decreased. ● This service is a boon to my anxiety. I felt like I was at the top of a waterfall, hearing the blood rushing in my ears as I looked down and watched the water crash far below me. I love louder but steady sound fever, the underlying bass that keeps me alert even as it calms me down. ● I am very grateful for this website. From reading reviews, it is clear that we have our own kind of community of people who are sensitive to sound. For me, for days I felt as if I was suffering, when I heard constant conversations at work as well as co-workers who often rattled on the ice every day. I just found a speech blocker yesterday and I can really jump to joy. ● I work at WeWork, which has an unprofitable partnership with iHeartRadio. Your website is a godsend for my sanity and productivity. ● So my headphones have a little bug. When the sound is low enough, the headphones mute it completely, making faded-out, quiet piano pieces and normal talk choppy and awkward. This website, however, produces enough atmosphere to have the headphones removed at all times. It's also soothing but literally everyone says it. ● Never really saw a lot of white noise, which I know I don't like, and I still can't stand the plain white noise but this, this setting, touching something inside me, sounds like when you're flying an airplane, or driving on the highway at night only. I find this super soothing. It's the noise that speaks to me. ● Personally, I always have problems with noise. I was recently told that I may also have autistic traits as well. I find that sometimes I just don't want to hear the world around me, so phone calls in the same room can be very difficult to drown. Other times, I just need that help to stay focused on my own mind. It is also very helpful with sleeping and relaxing. I really like this website! ● This is the most helpful thing for me to learn and stay Thanks for not including ads that are often too loud and annoying. I really appreciate it. Thank you again! ● It soothes in a profound way. I can focus, sleep, or just relax. Very grateful to the creators of this magical site right away! ● Speech Blocker settings are a gift from the gods while trying to concentrate on chatty co-workers. ● Sometimes it is difficult for me to if audiobooks don't work, I use this. It sounds close to a rainy night, which I sleep rarely well with. ● I travel for work and have to share hotel rooms with people who snore or stay up all night. This website and a nice pair of ear headphones (Shure SE215) helped me sleep all night no matter what! ● I have autism/asperger which is very mild and the office noise around kills me. My standards are music but sometimes even that becomes depressing. It's a godsend for times when I can't cope with my environment or process sound in a productive way. It helps with my tinnitus as well. I've had it since birth along with hyperacusis and good. It's just good. Use it for modularity if nothing else. ● Sorry I have to comment again. I am just really grateful that this website exists. I honestly don't know what to do for my misophonia. My psychologist pretty much denies I have misophonia. He probably doesn't think it even exists like most doctors. Until one can find a cure, this website will do wonders. ● I haven't liked white noise before but this really worked for me. I have tinnitus and recently hyperacusis. After reading the comments I believe it has misophonia as well. My psychologist calls it overstimuli, but this makes more sense. We need to talk! ● Good for tuning out the outside sound. ● OMG I just found this site today because my misophonia is increasingly intolerable. I've tried like EVERYTHING. It's a savior. I was getting triggered by whistling my own nose and it gave me anxiety. I can't even find a doctor who can help me. I found that white noise covering the nose whistling. Thank. Thank. Thank. I can finally get back to work. Holy cow. :) ● I use this noise machine all the time. At home when I write, I am easily distracted by the little things - the typing noises of my fiancée, the meowing of cats, the car outside - and this site helps me stay on duty like no other. I use the mobile app on board & train to drown crying babies, speakers, etc., to help me read or sleep. Other uses too, but I'm not out of character! In short: it's amazing! ● Broadly, I can't do my job without this site. I have tried competitors and my prediction is that mynoise.net join the ranks of sites like Wikipedia. ● I love MyNoise. This is the best white noise generator I have found, and I use it every day. I can't work. It. ● I use MyNoise every day and night. During the day, it blocks the sounds that trigger/irritate my anxiety, such as the bass boom in play from a neighbor's house, dogs barking, chewing/sipping sounds from others, etc. At night I use it to drown my husband's snoring. This website is invaluable to me for how much it helps me overcome my anxiety and audio triggers. Thank!! ● Dog barking is an epidemic in the suburbs. City. is a calming and effective tool. ● Please never get rid of your website. It helps me sleep when parents snore. I will be fine tuning over the next few days and will buy my white noise :) ● Thanks for this and other generators. The High Treble slider, isolated here, has been the only thing that provides consistent relief from my high-pitch tinnitus. I try to use it as a means of habituation. ● This really helped me by writing a nightmare scene of my character. This is a truly amazing site! Thank you so much for this! Don't forget: you look into the void, and that stares back. ● I work in an office with a lot of commotion. The service is amazing. It made him resistant to working around loud phone conversations, and it was the calming bit I needed to get through the day. ● This is an amazing website that blocks most of the noise around me. Thank! :D ● Love this site! I use it every night. It distracted me from ringing in my ears. It really got in the way of my husband's snoring. I use my headset and listen to sounds while reading. It was amazing to be able to adjust the sound depending on my night needs. Thank!! ● Really helped me learn when my room at home was making background noise! ● Honestly, one of the best findings on the internet to create harmony of work. If you work in an open space workspace and if sound penetrates your concentration to compose, think, calculate, etc..., look no further and add it to your favorites. It's similar to being on a plane... However, your head space is on your own plane... I use this to help my dog who is very stormy phobia. One was prescribed medication because his reaction to the thunderstorm was so intense. I want to avoid treating it and find this white noise generator. It works like magic. Within seconds, he began to settle down. Within minutes, he was lying pretty relaxed. ● I have struggled with a truly terrible student burnout, which has caused my mental, physical and emotional health to deteriorate completely. I couldn't do anything without feeling so exhausted and overwhelmed. Fortunately, this has helped me to be able to sit down and focus on one task at a time, rather than trying to accomplish 50 things at once. It hasn't healed my burnout, but I got there. ● First, I have a bad case of misophonia, and your site may have prevented one or two murders, haha. Second, my husband snores badly, and this, in headphones, drowns him out like a charm. None who work against it as efficiently as possible. Thank. ● I love this website. It's like having someone massage your ears. Not that I'm into that. Staying focused is always hard for my ADD brain. It helps where the drug does not. ● It really helped me concentrate while writing a 5000 word essay that I barely started the night before! This was blocked out the noise of my family watching the Netflix show they promised me that we would watch as a family... ● It's great when to study for my MCAT. I no longer have to hear the pathetic noises I make as I weep over my physics textbooks! And, it even got in the way of the sound of my tears hitting the page! Couldn't be happier. ● This has helped me block out noises completely so I can focus on learning as well as focusing on other tasks. ● Has helped me write the last project necessary for me to graduate from my master's course. ● I'm so grateful! ● Help me block people from eating chips at work... and other annoying noises. ● Talk blockers are lifesavers when I need to concentrate in a hard workspace! This is the next best thing to shut up. ● Put me in the zone to work and learn, an absolute savior, would hate to be without it. ● Sink the noisy open space office and allow me to focus on whatever I need to do for the day. ● Helps when learning of course. I find listening to ASMR helpful as well. ● If you live with noisy people, this saves lives. It also made me feel safe and spiritual. I feel like I'm out of time and space and no one can see me. Thank! ● I used to hate this type of noise but when you do research on it, it inspires you to experience it and test it. ● This site is a lifesaver! My sister had a fight in the next room and I couldn't hear a single screeching sound over this! :) ● I can cry with joy! I am no longer inundated by constant noise in a poorly designed open workspace full of people around me, where I can hear every sigh, every conversation, every keyboard, ect the music of everyone different... Thank!! ● Beautiful for when I need to read, it's very hard to focus with the annoying noises around. Especially liked the speech blocker, it worked well. ● I REALLY LOVE. All my office friends use it to work with more concentration! ● Good for when I have to do a science report. Which... you know, I'm I should probably go back too... and stop procrastinating... ● It helps me sleep while going through the stress of being on the edge of divorce, so thank you; not much help, as you might imagine. I am so grateful to have found this site. Thank you from Gathersburg, Maryland. ● It's not worth blocking my brother's piano practice. ● I have to reproduce bugs that require a noisy environment, thank you! ● Thank you very much... Keep while blocking all office-related interference. ● Perfect for when people won't stop talking to me. ● I think it just reminds me of a nice, hot sunny day and crickets coming out. ● Fan in the media. Or a faint white voice. ● I use this one with my music, it blocks everything else and I can concentrate. ● This is the best blend for noise noise ● I have tried to reproduce the sound of rain on the street. ● Certain voices in the office bother me more than others. I can set the white noise level to the right amount to actually block it, to the point where I can barely hear it even if they are only a few feet away (with in-ear headphones). ● Heard about it from the Wall Street Journal Tech Brief. I love that I can play this in addition to my music to help block out conversations around me. Very well put together and thought out for the end user. ● My earphones vibrate in my ears when this is playing, and it really helps me concentrate! Thank! ● Thank you! I'm a student and my neighbor downstairs loves fast-paced music with loud bass. This music makes me anxious and I can't focus on my studies, but brown noise really helps block it out. ● I can concentrate on my work again! Thank! ● Phenomenal sound and variety. Good for doing homework or other tasks that require concentration. The default white noise setting is pretty good, but I would recommend setting a Speech Blocker, as is what it says. ● I am an older IT worker with tinnitus who should be able to focus and concentrate on my work in a different corporate environment. I use a Scroll Gaming headset with a microphone plugged into my laptop (Cisco Jabber) replacing my phone, and White Noise "always" runs when I'm not on the phone with a co-worker. For me, this is the "the" solution. Nice and thank you! ● Noise cancellation headphones + brown noise = productivity even in a busy pop music saturated agency environment Thank you for making it available. Complete sanity saver :) ● What an amazing inventor and creator. Thank you very much. I really appreciate everything you've posted on the internet. Ted ● This white noise generator has been very effective in producing tranquility where meditation has not. It's easy to listen to this white noise and there's definitely a change in my brain. ● I've tried hypnosis with a friend, and while she hasn't been able to make me a full trance yet, this site really helped me achieve a nice relaxing state! It's like guided meditation, it's a baller. ● Help block colleagues who gawk at eachother over getting the wrong questions in Kahoot. Or in general. ● Shoutout to this website to drown out my annoying classmates when I try to write an essay. ● I need to be quiet when I'm working. Unfortunately, I share space with hard-working colleagues. Normal white and even red noise is hard and, brown too low, so I like to use myNoise.net to adjust my sound. When I turn on my personal profile, I feel like I'm on the beach on a windy day rather than in a cubicle. Woohoo, surf! ● Whenever my roommate arrives late from class/work and closes the door, the sound of waking up instantaneously as it reverberates through the house. White noise has been a godsend and now I can sleep for a long time without interruption. ● I have a very loud roommate who makes it impossible to study in my own apartment. However, when I use speech blocker settings with noise cancellation headphones, the sound sinks right away and I can finally learn quietly! Thank! ● I use this in class so I can drown two people who talk constantly and interrupt. It works like a charm. ● I am sensitive to most sounds and can't focus when there's a lot (or little) going on. This website has helped me bunker down and complete tasks without worrying about my environment so much. ● Help me sleep. Sounds like you're on one of the great Boeing planes on a long flight. ● Speech blocker settings are great. I work in a busy customer service center built on open office plans, which means I hear everyone around me, all the time, even without a cubicle wall to turn off the noise. It made me not want to strangle my co-workers while I was on email duty and needed to concentrate. ● I live in a small house where currently, half a dozen bulldozers and earth movers are preparing the property right next to me for 100 houses to be built. The noise was completely unbearable until I discovered this app! What a difference! ● I found this setting from other people's testimonials and I must say, it really works wonders in blocking noise! When people get annoying, I turn the level up 2 notch and blow up the rock music on my headphones, and I can't hear anything even if someone is talking right next to me. ● Block my washing machine perfectly, now can learn quietly. ● I typed this while I had to learn to finale, but it needs to be said how great this website is! The calibration feature makes this the most convenient and effective white noise generator I've ever used. ● Study tonight for Midterms next week. Ahhh! :C I hope everything will go well and wish good luck to others who use this site to study for exams. I found this particular set of noise from others in the comments so if you find this response and you make noise, Thank you, because it really helps me work. ● Good to sleep after you get used to falling asleep on the phone every night, then can't call anymore. ● I work in a laboratory and sit next to several large Illumina DNA sequences (2500 and 4000). find settings that block the high-pitched ringing they make when they run! ● I have fibromyalgia which makes me extra sensitive to sound and easy to worry about. Preset speech blockers have been very helpful with my studies, which often happen in the bar where I work. Thank you so much for your whole noise choice. ● Of course I live in a household with very annoying family members, and this effectively drowns everything. ● Really great! Good for school when the classroom is hard and you need to focus! It's really awesome! ● This noise generator is perfect for blocking all other sounds, and for relaxing. This is what I'm looking for. Thank you so much! ● After an evil encounter with goblins, my mind has been plagued with the curse of headaches, and after years of searching, I found this website! This arrangement gave me a reprieve from the constant -! not painful- headaches. I bestow my gratitude to whoever created this gift! I am indebted to you, good sir! ● The speech blocker function is all I've ever wanted. When I worked on my computer, I was somehow disturbed by the very quiet and irreversible noises. Sometimes it's just the wind, sometimes people pass by. Whatever it ends up, it frustrates me every time it happens. Luckily, I could always use this white noise generator to drown it out. ● I am very grateful for this site. It helps me maintain sanity in many very noisy situations! Being able to customize things really helps find the right mix to block out noise. ● I've been having some ear-related problems lately, and I can't find a cure for the terrible pain in my ears, but when I put on this setting, the pain just goes away! Thank you so much! ● This setting is really beautiful, sounds exactly like a hard storm, and reminds me of home. Thank you so much! ● I've had mental difficulties recently, so of course it's very difficult to focus on school assignments. I finally decided to try and break the pattern – I've tried different sounds on this website and Brown Noise (calibrated to my ears!!! I highly recommend calibrating your hearing curve, it makes the experience much more comfortable) is the perfect match for me! Thank! ● I don't have headaches too often, but when I do, they're bad enough. So when I got it, I immediately thought of a comment I read on this website, where someone said something about a headache and some settings that helped them. I feel instant relief when using this setting, and would recommend this website to others. ● I love the noise of Brown, White, Coffee Shop and Airport terminals! I have a sniveler/cough that I was forced to share my office with, and this app is very helpful. Thank you so much! ● My headache 100 100

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