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Subject: The Glorious Sounds of Nature

Posted by [CountryFried](#) on Mon, 10 May 2010 23:16:48 GMT

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Sometimes, I love nothing more than drifting off to sleep at night as I am listening to my relaxing nature sounds CDs. I especially love the one I have that sounds like the rippling waves of the ocean along the peaceful beaches. Do any of you enjoy listening to nature sounds too?

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Subject: Re: The Glorious Sounds of Nature

Posted by [Wayne Parham](#) on Tue, 11 May 2010 00:19:07 GMT

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I like white noise when I sleep, sort of the same thing as ocean waves. But I just use a fan.

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Subject: Re: The Glorious Sounds of Nature

Posted by [woofer](#) on Wed, 12 May 2010 15:02:26 GMT

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I love hearing the surf crashing and the gulls crying. Of course, I live at the beach so all I need to do is cross the street to the beach. I love going over and just sitting there in the early evening when there aren't many people around - very relaxing and rejuvenating to me.

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Subject: Re: The Glorious Sounds of Nature

Posted by [AudioAJ](#) on Thu, 13 May 2010 15:05:24 GMT

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I have one of those white noise machines that has the sounds of nature and I like most of the sounds. There's one where there's an obvious pattern and it bugs me so I don't listen to it.

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Subject: Re: The Glorious Sounds of Nature

Posted by [candoon](#) on Thu, 13 May 2010 21:20:32 GMT

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I am okay with some white noise and my kids have always loved it since they were tots, but I need faint white noise. Is anyone here aware of a quite noise machine?

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Subject: Re: The Glorious Sounds of Nature

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Posted by [Drummer](#) on Thu, 13 May 2010 23:10:18 GMT

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I feel you because I live in a rural area, and the sounds of crickets and frogs can be kind of relaxing. I also don't stay too far from the beach, so I have the privilege of listening to the actual nature.

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Subject: Re: The Glorious Sounds of Nature

Posted by [AudioAJ](#) on Fri, 14 May 2010 14:17:24 GMT

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When I used to live in San Francisco, I was close enough to the beach where you could hear the ocean. That was always soothing to me. Now I live in a city surrounded by mountains and can't hear anything but street traffic.

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Subject: Re: The Glorious Sounds of Nature

Posted by [Lyrica](#) on Thu, 27 May 2010 01:31:23 GMT

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I've been hooked on the sound generators since my babies were little. Now I find I can't sleep without something constantly "layering" my environment. I live in a high traffic area (people and cars) and it softens the sudden loud outbursts.

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Subject: Re: The Glorious Sounds of Nature

Posted by [Jayson](#) on Wed, 04 Aug 2010 19:08:31 GMT

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My wife and I enjoy the crickets and frogs as we both grew up on farms. Our son has a noise machine that has a couple lullaby's on it and sounds and we will turn on the water one to relax. We all like it.

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Subject: Re: The Glorious Sounds of Nature

Posted by [tali](#) on Thu, 05 Aug 2010 09:45:57 GMT

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My daughter and I both use sound machines also to go to sleep at night. I love the sound of the waterfalls. She uses the lullaby twinkle twinkle little star, because I use to sing it to her to put her to sleep.

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Subject: Re: The Glorious Sounds of Nature

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Posted by [Adveser](#) on Thu, 05 Aug 2010 19:47:07 GMT

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Most of the drums for Rush's Permanent Waves album were recorded outside and birds can be heard on the album. It ends with waves crashing and birds tweeting for a minute or two...does that count?

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Subject: Re: The Glorious Sounds of Nature

Posted by [Wayne Parham](#) on Thu, 05 Aug 2010 19:55:37 GMT

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Subject: Re: The Glorious Sounds of Nature

Posted by [Songs4Life](#) on Sat, 07 Aug 2010 14:52:02 GMT

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I love the whisper of the cool breeze as it caresses my cheeks while I sit in the backyard under the shade of the big, old tree. And the busy chatter of young grasshoppers fighting over young grass shoots. Then it's back to the digitalised ambience of WoW.

I love nature but my life is in cyberspace.

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Subject: Re: The Glorious Sounds of Nature

Posted by [Soundbuzz](#) on Mon, 09 Aug 2010 07:15:52 GMT

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Wayne Parham wrote on Tue, 11 May 2010 08:19

I like white noise when I sleep, sort of the same thing as ocean waves. But I just use a fan.

LMAO a fan!! That's not really "natural", but it works great huh! I've been using a fan for the past 26 years to lull me to sleep. The ones with the metal blades work best. Haha.

But seriously, there was a point in my life where I used binaural beats to get me to sleep. It worked to some degree, but I stopped when the binaural beats began to get on my nerves!

Have also used mock beach, rain, river sounds, those were pretty cool too to relax with.

Nowadays, with my busy schedule, I just jump into bed and drift off to sleep pretty quick.

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