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Subject: Lying Down with a Podcast

Posted by [Zart](#) on Sun, 19 Sep 2021 06:49:56 GMT

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I can't be disturbed when listening to podcasts. I always try to focus on the content, especially when it's educational stuff. Others prefer doing something while listening to it, but that seems wasteful to me. So, most of the time, I'm lying on the bed when I'd play something.

What about you? How much attention do you give when listening to a podcast?

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Subject: Re: Lying Down with a Podcast

Posted by [Rusty](#) on Sun, 19 Sep 2021 10:50:52 GMT

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Like you. I pay attention. I don't take in many podcasts. I guess they're podcasts. Anyway, the content compels me to pay attention to try to understand.

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Subject: Re: Lying Down with a Podcast

Posted by [Phonetic Ear](#) on Sun, 19 Sep 2021 12:35:18 GMT

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I try to listen to podcasts while cleaning sometimes, but then I'd find myself pausing to understand the content more. It's quite a hassle because I'd rewind it when I feel like I missed something interesting. What you're doing might work better.

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Subject: Re: Lying Down with a Podcast

Posted by [Spotifyer](#) on Mon, 20 Sep 2021 04:55:15 GMT

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I tried listening to a podcast while running, and it helped me shift my focus away from the tiredness. Although, it was inevitable to miss out on some info since I was also paying attention to my surroundings.

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