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.