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Subject: Re: Your best methods to reduce noise while trying to sleep?

Posted by [Adveser](#) on Mon, 28 Feb 2011 03:49:28 GMT

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Drone noise (not music) of your own choosing or earplugs. Not too loud though because even what seems quiet has limitations before it starts damaging your hearing. And when dealing with specific frequencies over and over it isn't going to be hard to guess what will be missing. Yeah, I'd go with the earplugs.

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