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

Posted by [woofer](#) on Sat, 05 Mar 2011 17:56:27 GMT

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I've found a fan works well for white noise. I just position it so it's not blowing directly on me, because that drives me crazy. I live on a busy highway at a beach town - in the summer, the traffic sounds are endless. The fan helps mask the noise plus it's nice to have the moving air.

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