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

Posted by [Wuzajock](#) on Mon, 21 Mar 2011 13:45:18 GMT

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An air purifier might provide the needed "white noise" that you need. Much like the fan idea but will provide you with clean air perhaps enhancing your sleep experience further. Stay away from ionizers though, I understand they tear your lungs up.

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