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Subject: The Sound of Silence

Posted by [Jorel](#) on Fri, 21 Jan 2011 12:33:17 GMT

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I don't know about you guys but I have this weird experiences whenever I come to a very quiet place. I will hear a buzzing sound whenever I'm in a silent place. Can someone explain why I hear this thing only when it is real quiet?

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Subject: Re: The Sound of Silence

Posted by [rkeman](#) on Fri, 21 Jan 2011 15:01:24 GMT

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The nerve cells in the cochlea (inner ear) are constantly firing, even when there is no sound. This is responsible for the "buzzing" or ringing that you are hearing and is normal. If the ringing is audible in typical surroundings or causes discomfort it may be termed tinnitus.

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Subject: Re: The Sound of Silence

Posted by [Jenny76](#) on Fri, 28 Jan 2011 01:11:55 GMT

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I've always wondered this myself, but figured it was normal. I don't notice it all the time but sometimes when I'm trying to sleep and it's too quiet, it will happen and it used to drive me crazy.

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Subject: Re: The Sound of Silence

Posted by [jazzlover](#) on Fri, 28 Jan 2011 11:19:02 GMT

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Yeah, I noticed this in complete silence. Furthermore, I noticed that when I'm on medication, I hear it even in incomplete silence. Yet I never came to the point of asking what this minute buzzing or whining sound was all about. Thanks to this thread, now I know what it is and I have the peace of mind that it is normal

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Subject: Re: The Sound of Silence

Posted by [Jorel](#) on Sun, 30 Jan 2011 18:39:50 GMT

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I'm glad that this is normal. But is there a way to prevent this from happening? Watching TV is my solution for this so that I would fell asleep while watching and I won't hear that buzzing or ringing sound.

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Subject: Re: The Sound of Silence  
Posted by [rkeman](#) on Sun, 30 Jan 2011 23:25:27 GMT  
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White noise, such as interchannel noise on a radio played at low level, will often mask the ringing and provide significant relief. If the ringing is sufficiently bothersome, consult an audiologist because other therapies exist and may prove helpful.

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Subject: Re: The Sound of Silence  
Posted by [jazzlover](#) on Mon, 31 Jan 2011 13:39:46 GMT  
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This "microscopic" hissing sound that we hear in silence can be the reason why people have coined the term "deafening silence." Some people love this sound. Others hate this sound and want to drown it with rock and roll music

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Subject: Re: The Sound of Silence  
Posted by [Jorel](#) on Wed, 02 Feb 2011 17:30:27 GMT  
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It does bother me but I don't want to spend money on something that is normal for everyone. I guess I just have to deal with it. If I get the vinyl player that I want then I could play classical music while sleeping.

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