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

Posted by [bengee](#) on Mon, 28 Feb 2011 01:34:33 GMT

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I'm asking because I've recently moved into a new place that is inconveniently-located near train tracks. Now, I'm sure I'll get used to it eventually, but my first few nights have been awful trying to get my sleep in before work in the morning.

Any suggestions besides flat-out moving? It was the cheapest place I could get. I'll move someplace else eventually, but until then, I'm stuck with train noises.

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

Posted by [RadioDinosaur](#) on Tue, 19 Apr 2011 13:07:04 GMT

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I've had success with a fan as well and an air purifier if it hums loud enough. I'd imagine in time you will become accustomed and not even notice it. Hope you get to move away soon though,

that's the best solution.

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