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Subject: Soothing Sounds

Posted by [audioaudio90](#) on Wed, 05 Oct 2011 13:47:36 GMT

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What sounds do you find the most soothing? My favorite is the sound of water, so I have a couple tabletop fountains at home, but I also like fans and oddly enough, lawn mowers.

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Subject: Re: Soothing Sounds

Posted by [Wayne Parham](#) on Wed, 05 Oct 2011 14:39:41 GMT

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Yes, me too. I always liked sleeping in the car when I was a kid. Now I always sleep with a fan running.

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Subject: Re: Soothing Sounds

Posted by [gofar99](#) on Wed, 05 Oct 2011 21:25:28 GMT

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Ocean waves, I have a radio connected to good speakers in the bed room that can do soothing wave sounds.

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Subject: Re: Soothing Sounds

Posted by [Nymeria](#) on Fri, 07 Oct 2011 18:16:51 GMT

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Fans are my favorite. Like Wayne, I always have one running when I go to sleep. The cooler air also helps me fall asleep faster.

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Subject: Re: Soothing Sounds

Posted by [Kripes](#) on Thu, 03 Nov 2011 12:35:40 GMT

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I had a lovely relaxing aromatherapy massage where they played soothing sounds and I almost fell asleep. I could imagine myself on a desert island from these sounds so it was water, birds and a breeze through palm trees!

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Subject: Re: Soothing Sounds

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Posted by [LoveJB](#) on Wed, 09 Nov 2011 01:31:42 GMT

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Fans are my favorite - I can sleep anytime when I hear a fan on. I also love thunder! I know it's an odd sound to like but I do. It is soothing to me for some reason!

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Subject: Re: Soothing Sounds

Posted by [Danny](#) on Tue, 15 Nov 2011 19:07:19 GMT

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I can't imagine a lawn mower sound being soothing. It can actually be kind of annoying, especially early on a Saturday morning! Water is peaceful, though. I like the sound of a fountain or aquarium.

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