Subject: Sensory Overload
Posted by Nymeria on Fri, 03 Jan 2014 15:28:11 GMT
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Right now I can hear a TV, two tablets, and the music on my computer all playing at the same time. It's a cacophony around here! It probably won't be long before I have to retreat to the bedroom for a little peace and quiet.

Subject: Re: Sensory Overload
Posted by Concorde on Sat, 04 Jan 2014 02:16:11 GMT
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Nymeria wrote on Fri, 03 January 2014 09:28 It probably won't be long before I have to retreat to the bedroom for a little peace and quiet.

.....Where you will hear the hum of your alarm clock. The noise just never ends. Mornings at my house are like that. Two televisions and a radio all blaring out different sounds.

Subject: Re: Sensory Overload
Posted by gofar99 on Sat, 04 Jan 2014 04:49:45 GMT
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Use noise cancelling headphones with a player that is playing nice soothing music.

Subject: Re: Sensory Overload
Posted by Vaiger on Sun, 05 Jan 2014 17:11:44 GMT
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Or even nature sounds. That's a good idea gofar. After awhile, too much sound constantly will start to wear on you. Too much of anything is never good.

Subject: Re: Sensory Overload
Posted by audioaudio90 on Mon, 13 Jan 2014 14:56:44 GMT
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Do any of you get irritable after too much exposure to lots of loud sounds? The situation Nymeria described would drive me mad and I'd get very snappish with people.

Subject: Re: Sensory Overload

Posted by LuckyLucy on Thu, 16 Jan 2014 16:59:17 GMT
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I get snappish after too much noise, too!
Last night my husband was putting up YouTube music on the TV. I like the music, usually, but he always has it too loud. I suffered through the Pink Floyd album at way too much volume. But after the second Mozart tune at a million decibels I shouted, "This is not Rock and Roll! It is not meant to be listened to at that volume!"
I'm seriously thinking the man needs a hearing aid.

Subject: Re: Sensory Overload
Posted by Chicken on Thu, 16 Jan 2014 22:29:15 GMT
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LuckyLucy wrote on Thu, 16 January 2014 10:59I get snappish after too much noise, too!
Last night my husband was putting up YouTube music on the TV. I like the music, usually, but he always has it too loud. I suffered through the Pink Floyd album at way too much volume. But after the second Mozart tune at a million decibels I shouted, "This is not Rock and Roll! It is not meant to be listened to at that volume!"
I'm seriously thinking the man needs a hearing aid.

I think my husband needs a hearing aid too, and he's not even 40. He listens to everything so loudly and it drives me crazy.