Subject: In The Bedroom
Posted by Concorde on Tue, 19 Nov 2019 02:52:16 GMT
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I was hearing today about the lack of sleep many people are getting and how it correlates with the rise of cell phones in the bedroom. Televisions as well.

Do you turn your phone off and into "Do not disturb" mode when you go to bed?

Subject: Re: In The Bedroom
Posted by gofar99 on Wed, 20 Nov 2019 02:11:08 GMT
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Hi, Yes indeed. There is nothing that can happen at night that I would be likely to do anything about...yes someone dying* might be an issue, but they would probably be gone before I could get there. So finding out in the AM would make it easier to deal with after a good night's sleep. Any other situation that might arise at night is likely to be something that can wait.

*My personal thought is that you should maximize quality time with folks before they die and not hold out for the last minute. Just my 2 cents.

Most likely this should go in one of the "tower" section at the end of the forum as it really doesn't have much to do with music/sound in general.

Subject: Re: In The Bedroom
Posted by Rusty on Mon, 20 Jan 2020 20:22:57 GMT
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Boy for a hot minute, I thought this subject was about something good and naughty. But that would put it in the dungeon I suppose, though I wouldn't know why. As long as it's healthy and happy. Anyway, in my other life, prior to transitioning into retirement a year prior to my plans due to work closure. I was sleep deprived and generally unhealthy because of the job having to take call and be backup for the person on call when a c.t. exam was ordered. Looking back on that now I can rest assure now having my workplace go under was the best thing to happen to me. Now I sleep, eat and exercise all for my own benefit. Healthcare is not an environment for a healthy lifestyle.
A little side story to that end. One of the maintenance workers got in trouble once for putting up a little sign in the elevator underneath the weight limit plaque, (so many thousand pounds). It read, "Or three nurses". Boy he caught hell for that, but it spoke so true. And funny as hell.

Subject: Re: In The Bedroom

Posted by Wayne Parham on Mon, 20 Jan 2020 20:36:41 GMT
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Subject: Re: In The Bedroom
Posted by Madison on Fri, 20 Mar 2020 02:11:37 GMT
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I leave my phone on. I have elderly family that I care for and some neighbors that might need help too. Sometimes they do call, so I'm glad I have it with me. I've had people I could depend on too in the middle of the night when I needed it, so it's my turn to pay it forward. I sleep better having my phone with me because I know I can react to emergencies.

I'm surprised you all don't have your phones on and accessible near your bedside, if not in your bed beside you. What if you need to call 911 because someone's breaking in or you start having chest pains?

Subject: Re: In The Bedroom
Posted by gofar99 on Sun, 22 Mar 2020 02:20:34 GMT
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Hi, :lol: :lol: Anyhow my solution ...continued is that unlike many folks, we still keep a land line. The few folks that know that are ones I care to tell. There is a phone on the night stand. I also have serious call blocking so that unwanted calls seldom ring. Even in the daytime only about 1 every other week. None at night in over two years. If it goes off at night then someone probably does have a serious problem. Still it is unlikely that I could do much about at the time. As you might suspect, my cell phone is not my master, I am its master and it is to serve me and not me serve it as it seems happens with many individuals now. It is fully capable, but most gets use as a phone, next texts and then photos. No banking, no email, no facebook, twitter, no GPS (the vehicle has that) and only a few apps I find useful. BTW, we don't allow phone use at the dinner table.

Subject: Re: In The Bedroom
Posted by Wayne Parham on Sun, 22 Mar 2020 17:45:57 GMT
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I'm with you on the land line. My main phone is a land line. I rarely answer it though. Long gone are the days when you could expect the call to be important or even reasonable. Now days, most

calls are spam. So I let the answering system take the call and act like a call screener.

I used to maintain an analog tip-and-ring land line, shunning newer VoIP product offerings. I preferred to use the old-school network, and did until 2012 when I left Tulsa and moved to Bella Vista. But now even AT&T has largely abandoned analog technologies, preferring instead to put new customers on uVerse, which is a VoIP solution. So sadly, that's what I'm running now.

To digress a moment with a mini-soapbox: The old analog telephone network in the USA was the most robust network on the planet. No matter what kinds of electrical storms raged, no matter what kinds of solar emissions from flares and sunspots, you had voltage across tip and ring and could complete a call. The primary and secondary surge protection on the lines, the use of relatively old switching technologies and the use of batteries as power backups made that network incredibly resilient. In an emergency, you might lose power but you didn't lose your telephone.

Now days, the phone system is completely unreliable. It goes out even when there are no weather conditions or power problems.

We've gone backwards in a big way.

Subject: Re: In The Bedroom
Posted by Rusty on Sun, 22 Mar 2020 21:16:50 GMT
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I use a voip line too. Ooma. For a little under 4 bucks a month. It's been surprisingly reliable, as has the network, Google. I think their little foray into high speed connectivity has gone dormant in expanding. Cell phone, I just buy minutes. I rarely use it. I am always ruefully conscious of so many, and especially the young being so immersed with it. Like it was part of their nervous system. They can have it.

Subject: Re: In The Bedroom
Posted by Wayne Parham on Sun, 22 Mar 2020 21:53:50 GMT
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Ooma was very early in the VoIP market. As VoIP goes, I think they're a pretty good provider.

I have a lot of experience in the telecom field, having done work for pretty much all the big players and many of the smaller ones too. So I can remember Ooma when they were a startup. I made specialized feeds for them in the early 2000s.

AT&T's uVerse is good too, for that matter.

It's just that VoIP technology is somewhat ill-fitted (real-time analog-to-IP), and its endpoints aren't robust. Those are its vulnerabilities.

The IP network itself is very robust, but it wasn't designed for real-time feeds. That's why VoIP sometimes suffers dropouts and weird digital artifacts. Some packets are dropped or come too late to be used.

And since most of the switching/signalling features that used to be performed by the central office are now interpreted by the client side - in your residence - local power must be working for your home as well as at the point of presence for your internet service provider. In other words, there are lots of points of failure that aren't what anyone would consider critical, so they aren't given battery backup or any kind of fail-over redundancy systems.

Subject: Re: In The Bedroom
Posted by Madison on Mon, 23 Mar 2020 11:19:44 GMT
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I have a landline too and it almost never goes out. It's just standard AT&T, so maybe that's why. It's not nearly as inexpensive as the VoIP services and I've thought about switching. My late grandmother was awfully addicted to her smartphone. She hated the things until she discovered an app that let her play Mahjong competitively. It was the weirdest thing I've ever seen. It gave her something to do and I'm glad she found some joy in her otherwise mundane life, but getting her to put the phone down was rough. So beware fellas, you're just one good game away from becoming addicted.

Gofar99, if my phone goes off in the middle of the night, I go fix whatever is wrong. Most often it has to do with the oxygen machine or someone had a fall. I live pretty close though.

Subject: Re: In The Bedroom
Posted by Rusty on Mon, 23 Mar 2020 14:08:14 GMT
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I get some of the weird artifacts Wayne brought up. Clicking, echo's, delay etc. But, the cost is a no brain'er. I forgot what I was paying for AT&T. But it was ridiculous, and any long distance call made the bill even more so. The Ooma basic I use is literally less than 4 bucks a month. Anywhere in the continental US. Cost of the hardware is made up the first year of use in savings. I can live with it's little quirks in the face of paying AT&T their fee. Question though, every municipality had switching stations. Some rather large buildings with all the hardware equipment to route the phone lines. Have they all been cleared out, emptied of this equipment nowadays?

Subject: Re: In The Bedroom
Posted by Wayne Parham on Mon, 23 Mar 2020 15:49:57 GMT
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The central offices are still there, but the older analog equipment has been replaced with newer digital switches. There are still some analog switches but they are mostly just in smaller local phone companies. Even there, most have been swapped for digital switches. We can't support high-speed digital services without IP switches and networks, so stuff like video streaming really needs it.

Right now, the larger telephone companies are still using their own networks as much as they can for their own customers. They provide access to smaller service providers at wholesale cost - That is what the MCI/Worldcom company did in its entirety, providing wholesale telephony services to other companies. All the larger telephone companies do this, but most have a "retail" offering too.

The reason I bring this up is the telephone companies that can route traffic across their own networks can do it without packets from all over the world interfering with their own customers' traffic. This gives a greater chance that the packets will arrive on time and in order. Many even use a hybrid IP approach that provides qualty-of-service prioritization to some packets, so that real-time signal packets can be given priority to regular data packets. The idea is that packets that aren't part of a real-time data stream can be delayed a few milliseconds and still get reassembled at the target end without penalty, whereas real-time packets that are delayed too long are unusable. So these kinds of networks are better suited to real-time data transfer like audio and video.

But there is a lot of intermingling these days. Especially with the rise of VoIP companies like Ooma. A call can originate on a (plain ol' telephone service) POTS line and terminate on a POTS line. It can originate on VoIP and terminate on POTS (or vice versa). Or it can originate VoIP and terminate VoIP.

The originating end might be connected through a service that routes through a public exchange somewhere. Or it might be connected through an internet connection, in which case it will originate on the internet. In either case, the call may terminate on an internet-connected VoIP, a privately connected VoIP or a POTS line.

This means the call could run completely on one telephone company's network, or it could originate on one and terminate on another, so be on two networks. Or more than likely these days, it could originate or terminate "in the cloud" of network space and connect on the other end on a private network. It could even have both connections on the internet, in which case the network(s) that have serviced the call is a little bit ambiguous. Usually a call is routed over several company's networks by the time it reaches its destination.

This makes it tricky to know who to bill for the call. And for that reason, phone companies have developed CABS (carrier access billing systems) to divvy up the costs and revenues from these virtual streams. All the telephone and other communications service providers have agreements to share the love. It's complicated as hell, but it actually works pretty well.

Let me anticipate a question or perhaps an opinionated rant. I anticipate this because it's exactly the way my mind works, so I would expect others might think just like I do. The question/opinion goes something like this: If I'm not a customer of Verizon (who now owns the former MCI/Worldcom network), AT&T, Sprint or one of the other big phone companies, why should my

purely VoIP, total internet end-to-end call be credited to one of those companies in CABS billing? Why do they get to claim a piece of the action?

The reason is they are the ones that provide the internet "backbone." They spent - in AT&T's case - the last 100 years running telephone poles and hanging wires all over the world. They ran lines under the oceans. In the 1980s, The Williams Company - who later became Worldcom and then MCI/Worldcom - ran the fiber optics cables through unused pipelines all around the country. And those companies still service this infrastructure.

If a baby Bell connects their customers to a larger network through their own exchanges, then they would pay for the network access. In the old days, direct access made it easy to determine who made connections, where they were made and for how long. If a call came in through specific trunk lines - connected only to one specific local exchange - then you knew exactly what entity made that connection.

But now days it isn't so simple. A company that sells a service that connects purely through the internet would get the (considerable) resources for free if network traffic wasn't analyzed and carrier access billing employed. And even calls and other telecommunications services provided by "regular" phone companies that have equipment and networks will most likely be routed over other company's equipment and networks at some point between origination and termination endpoints. So all the intermingling of networks and the complexities of routing make CABS really important for all the telecommunications companies.

Subject: Re: In The Bedroom
Posted by Rusty on Tue, 24 Mar 2020 00:12:32 GMT
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Good God. I'm surprised all this amalgamation works. At all. It sounds like an infrastructure problem. Which is what this country faces on so many counts that with the way legislation is. We could end up being a backwater someday. We have a worldwide health situation turning markets and commerce on it's head. A world wide ecological threat that has unknown implications to our health, wealth and longevity. And Jeff Bezos and Elon Musk, even with their formidable wealth can't tackle all this, much less terraform another planet for our salvation anytime soon. It's going to have to be the world governments. Spending lot's and lot's of money. Wisely. If they ever wake up to that notion. Meanwhile, less than 4 bucks a month for a quasi lan line works just fine for me, bugs and all.
