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Subject: Sounds that Help You Focus  
Posted by [Souldude](#) on Fri, 05 Feb 2021 16:33:40 GMT  
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I've been uneasy and have trouble focusing on one task at a time because it seems like everything is within reach. Sometimes I would listen to chill music in an effort to ease my mind. Classical music helps me to focus too but some of it just ends up disturbing me. Maybe I shouldn't listen to it while doing my work. What kind of music helps you relax?

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Subject: Re: Sounds that Help You Focus  
Posted by [Rusty](#) on Fri, 05 Feb 2021 17:18:21 GMT  
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Death Metal mannn... I'm just pullin your leg. Like you, some classical, and Jazz. Maybe some of that space ambience type music, if you can call it that. Maybe good to go to sleep with.

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Subject: Re: Sounds that Help You Focus  
Posted by [RunsWithScissors](#) on Sat, 06 Feb 2021 05:41:56 GMT  
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For me, nothing beats gentle flute music. There's something so alien and relaxing about a well played flute. I also like listening to music in other languages. When I don't understand the words, I'm able to focus more on the music itself. That helps me relax.

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Subject: Re: Sounds that Help You Focus  
Posted by [MRikki](#) on Sat, 06 Feb 2021 16:19:13 GMT  
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RunsWithScissors, I'm just the opposite! I've found that when I listen to music with lyrics in a different language, I'm more distracted. I want to understand what they are saying, but obviously, I can't! :lol: I also speak snippets of French and Spanish, and so when I am listening to a song in those languages, I understand bits and pieces. That's really distracting!

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Subject: Re: Sounds that Help You Focus  
Posted by [Souldude](#) on Sun, 07 Feb 2021 11:30:00 GMT  
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Thank you guys! I'll try and listen to some of your suggestions. Ambient music sounds chill and so do flute sounds. That kind of reminds me about Asian classical which is a combination of both. Hopefully, I don't get too relaxed and doze off.

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Subject: Re: Sounds that Help You Focus  
Posted by [safebet](#) on Sun, 07 Feb 2021 15:23:11 GMT  
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I prefer quiet, but found Brian Eno's Thursday Afternoon musical piece wonderful in headphones if you need to tune out sounds around you. It is ambient with percussive, slowly changing elements but none that cause you to either expect or follow what's coming next.

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Subject: Re: Sounds that Help You Focus  
Posted by [Mica](#) on Sun, 07 Feb 2021 19:11:09 GMT  
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I must be different because I can focus with any music on. At times when I feel like I'm getting nothing done, I put on music and get busy. What I listen to depends on my mood.

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Subject: Re: Sounds that Help You Focus  
Posted by [safebet](#) on Sun, 07 Feb 2021 19:20:21 GMT  
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We're all different. Sure, I play music when I'm physically doing things but when I am composing and in deep thought I prefer only the voices in my head. :)

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Subject: Re: Sounds that Help You Focus  
Posted by [sammi40](#) on Mon, 08 Feb 2021 00:04:07 GMT  
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@safebet That was funny, sounds and voices in your head. I feel the same way though. Music distracts me at times when I'm trying to concentrate on something. There are times when I just need to hear myself think.

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Subject: Re: Sounds that Help You Focus  
Posted by [gofar99](#) on Mon, 08 Feb 2021 02:32:46 GMT  
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Hi, I used to be able to focus (at least I thought I did) with nearly any kind of music or noise going. Now I prefer quiet. Comes with age I suppose :roll:

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Subject: Re: Sounds that Help You Focus  
Posted by [penguin89](#) on Mon, 08 Feb 2021 04:22:17 GMT  
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I prefer things quiet too. If I split my attention too much, then I can't focus on anything. If I'm doing something mindless, like knitting or washing dishes, listening to something isn't a big deal. But if I'm trying to write or read, then I need quiet.

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Subject: Re: Sounds that Help You Focus  
Posted by [Raymond](#) on Tue, 16 Feb 2021 20:22:49 GMT  
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gofar99 wrote on Sun, 07 February 2021 20:32Hi, I used to be able to focus (at least I thought I did) with nearly any kind of music or noise going. Now I prefer quiet. Comes with age I suppose :roll:

This is how I feel too! Silence, or one thing at a time please! One of my little cousins will be watching a movie on Netflix, playing Minecraft and watching something on his phone all at the same time! He claims he can focus on all of them, but I just don't see how he can. :roll:

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Subject: Re: Sounds that Help You Focus  
Posted by [Acacia](#) on Mon, 22 Feb 2021 18:24:39 GMT  
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It depends on the activity that I'd be doing because working out, anime openings/endings are my go-to music. I can't listen to this when studying though so I listen to background noises instead that aren't too intrusive.

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Subject: Re: Sounds that Help You Focus  
Posted by [KalebTheAudioGuy](#) on Thu, 25 Mar 2021 05:16:00 GMT  
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Acacia wrote on Mon, 22 February 2021 12:24It depends on the activity that I'd be doing because working out, anime openings/endings are my go-to music. I can't listen to this when studying though so I listen to background noises instead that aren't too intrusive.

I like listening to anime openings when I'm working on homework for my art related classes. But when I'm reading or writing a paper, I find anime openings to be way too distracting! I never thought about listening to anime openings as work-out music. I'll have to try that!

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