Subject: Sound Machines for a Better Sleep
Posted by Spotifier on Wed, 27 Oct 2021 07:52:04 GMT
View Forum Message <> Reply to Message

I came across this while searching for how to sleep better. Seeing that this is a thing tells a lot about how people are having a hard time fixing their sleep. There are sounds like these on our phones, but relying on that can lead you to use other apps. Since these are below $50, it's not so bad to try and have one. Do you think it's practical, though?

Subject: Re: Sound Machines for a Better Sleep
Posted by Zart on Fri, 29 Oct 2021 02:29:14 GMT
View Forum Message <> Reply to Message

It seems to me that it's like the opposite of an alarm clock. Maybe people who don't have noise-proof rooms will find this helpful. I wouldn't buy it, though, because I can sleep easily once the lights are out.

Subject: Re: Sound Machines for a Better Sleep
Posted by Leot55 on Fri, 29 Oct 2021 20:03:22 GMT
View Forum Message <> Reply to Message

It depends on what they sound like. I've found some that are incredibly obnoxious, like the ones that make white noise. I can handle a good rainstorm or ocean waves though.

Subject: Re: Sound Machines for a Better Sleep
Posted by Souldude on Thu, 11 Nov 2021 14:33:00 GMT
View Forum Message <> Reply to Message

It's practical for our times because lots of people have a hard time getting some good sleep. We might only be underestimating sleep's importance, but buying anything to improve that should be a must.