Quieten Barking Dogs with White Noise Machines

These dogs that bark all night can be a real pain in the butt, not only wakening you up, but preventing you from getting back to sleep again. Wouldn't it be great if you never heard them? Well, that can be done with white noise machines. The beauty of them is that they also drown out snoring, or any other unwanted noise during the night. Even noisy neighbors! A white noise machine works by emitting a sound that contains all the frequencies in the audible range. Any other sound is masked out, since it simply joins all the other sounds that make up the whole sound spectrum. All you hear is a constant soothing hum that is pleasant and relaxing. You can rapidly get back to sleep, since the whole sound range is being interpreted by the brain that cannot pick out barking dogs from all the other sounds in the range. The brain is unable to interpret harsh sounds separately, and noisy hi-fis, road traffic, loud shouting, snoring and the like are all pushed into the whole pool of sound wavelengths that is found to be so soothing. What white noise machines do not do is to produce even louder noises to drown out the annoying ones. It works from scientific and biological principles, and the science of the effect of a mixture of sound waves on the ear and they way they are interpreted by the brain. This is totally different concept to using high-pitched noise to stop dogs from barking, or a high level of sound to drown out your neighbors, and make them retaliate by turning their volume up even higher. This is the science of sound waves, applied for the benefit of people inconvenienced by extraneous noises. White noise machines are portable, and you carry them about with you. You can show other people how effective they are, and if you know anybody who is being bothered by barking dogs or noisy neighbors, you can help them out. They are great for people losing sleep due to noises, and white noise can be used to drown out office chatter and keyboard noises that you find distracting. It is difficult to visualize how they work, or even that they can work. Let's try to explain it in simple terms. Imagine complete silence. Then you hear a very faint whisper. You can hear it in the silence. Now imagine more noise; traffic noise, lets say. It is slightly annoying at first, but you get tuned in to it and it stops being annoying. Then a dog barks. You can hear that, and another dog barks. You can hear both dogs, and it gets annoying because it won't stop. If a thousand dogs started barking, however, you wouldn't be able to hear any individual dog bark, just a whole lot of sound, covering the whole audible range that the ear can detect. It would be a bit like a fan running, or a white noise machine. No individual noise can be heard, and if another noise joined the rest you would not detect it because it would be just another frequency added to the jumble. The fan noise would be unchanged, even if someone started to snore, or if a hi-fi was turned on loud. This is roughly how white noise machines work. When you turn one on, individual sounds are no longer heard. They are not drowned out, they are not masked, they simply join all the other sounds that make up white noise. It's like a white light spectrum. You can't distinguish any specific color. Even if more blue were added, you wouldn't see blue; you would only see white light. It has been proved that people find this hum of all noises very soothing, and white light machines are great, not only to drown out barking dogs, but to get children to sleep. Whenever you hear a barking dog in future or your partner's snoring is preventing you from sleeping, turn on the white noise machine and get to sleep.

About the Author

Diane Von Furstenberg Sunset Twigs Twigs Dual Entry Beauty Case This beauty case has openings on both sides for easy access. The case is made of a limited.

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