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Sound him out

Sound him out meaning. Sound him out 意思.

I hear noises all the time in my head. Does anyone feel anything like that? If yes, what do you suggest as a cure? the right type of sound can relax your mind, refine your attention, drown distractions, or pump you to kill your list of things to do. we have collected some free searches and resources to help you create your best soundtrack. Blast from the past is a weekly service of lifehacker in which we raise old, but still relevant, post for your pleasure reading and hacking. this week, we are relaunching a particularly old post that lists some of the best sounds and music for productivity, as published in crowdsourcing by the commentary lifehacker of 2009. Does music really make you more productive? The answer lies between "Listening to mozart makes you a genius" and "Just be quiet and work." The mind involves the so-called mozart effect, which suggests that listening to some types of music, in particular the classical works of amadeus wolfgang, affects and stimulates space-time reasoning, or the ability to think of long-term solutions and more abstract to the logical problems that arise. The mozart effect has been exaggerated and too promised, and even denied as "bupkiss" effect, but this does not mean that you can not create an exciting playlist. The workplace doctors site describes both sides of the issue. in a study, the researchers at the University of Illinois found that listening to music in "all types of work" increased work output 6.3% compared to in another study (disseminated to metafilter.) 56 employees who dealt with basic computer activities were more productive when there was no music played in the same period of testing with music. depending on whether your office or your workspace is noisy enough to make a good type of noise or music preferable to natural cacophony. depends on your level of personal attention and the likelihood you have to play with the commands or let a music flow run beyond your ears. Although many of the final responses to music studies at work are contrasting, general consensus seems to be that people can be stimulated at work by music, if they are willing to do so. If you like it, here are some tips on where to find the music that others found useful in their workspaces. The classic road as it works: the decoration and composition of classical baroque music gets a lot of attention for its possible effects of mental empowerment. eight radiologists were invited to make their day listening to pieces of the Baroque period, followers of getting things done and productivity writer david allen note in posts on the forum that the man himself seems to appreciate the "Four Seasons" of vivaldi, the concert oBy Bach BachAnd other baroque melodies like humor-setter to address activities as a weekly review. A key tip from a David Allen forum poster - look for rhythmic tracks at about 60 beats per minute: it's the beat-per-minute required to get your brain up to optimal rpm. David has a segment about it on GTD Fast - I also ran into a speed reading class. It seems to cause a "bright and freezy" mental picture in which thinking and creativity are easier. I think it's working. Where to Get: Being often hundreds of years old and a niche interest these days, classical music is relatively easy to find online. Wikipedia has hundreds of freely licensed files, and public domain search sites like the Musopen offer many good things, even the baroque sound doesn't do it enough for you, the Lifehacker commentator's catalyst suggests the Vitamin String Quartet, which covers the pop chords in the string quartet/chamber music style. It's not the same kind of down-deep arrangement as traditional classic work, but the work of the quartet removes distracting lyrics and soothes the most annoying edges of pop music. (Although it's worth noting that unknown music might be better than things you know.) Music is a personal choice, but most of us can not really order the emails to kill or hit in close contact, a sample of a sample of the quartet of vitamins: the environment/electronic routehea works: the label "Ambient" has been applied far too widely to be of great help to anyone, but register the owners of the shops. However, at its core, all ambient music is designed not to jump in the face, but still keep your brain engaged at a lower, subconscious level. Pioneers like Brian Eno developed ambient music as an experiment in composition, allowing algorithms, randomness, synthesizers and any sort of sound to replace the standard components of pop music. A modern variant, chillout and its categorical downtempo cousins, eco-friendly home, and certainly Variety of idm, or smart dance music, grew out of a need for dancers and birhbirds from Techno Clubs to take a break, relax and recover from their efforts, along with anything else they needed to recover. Like the original ambient music, much of it is designed to relax the mind and allow it to wander, while providing just enough stimulation to register as inspiration. Where to get: both Cina and Brian Ashcraft in our Gaming-focused Kotaku Finding Eno's music for airports is superior music for deep tasks and serious study. It was designed, after all, for real airports, to put passengers at ease in a situation often just before you get on a pipe that some consider their worst fear.G/or average can get a commission 1: music for the airport neighbors It seems they are rearranging the furniture and clipping of your roommate, clipping your roommate more and many, many commentators dig into the Groove Salad stream and other stations, such as the drone zone and the secret agent, provided by soma.fm Half recommends environmental offers on digitally imported, digitally, often rotate between it and Soma.fm for fresh currents. Both sites provide free audio for most of any music player that can tune into web playlists or radio. Just in time for the final week, the HackCollege blog recommends studying at a continuous environment... Read more If you're a fan of the Pandora streaming recommendation site, or like the minimalist, "glitch", or seriously environmental side of techno, maczter comment recommends a playlist created by a Pandora employee, Ovals, which he describes as "elementary minimalist glitch." I tried it out for an afternoon writing session, and found five out of six tracks to be unexpectedly calming and helpful in the task - with the exception of a rather uncertain and high-speed interloper. The Way of Noise How it Works: If music is too distracting for your tastes, but your fellow chatty, office machines, and general clamor are even more distracting, colorful noise could be a worthy addition to your audio repertoire. Noise generators, usually grouped into groups of white, pink, or brown/red, cover a range of the audible spectrum of the ear with generic sound to mask or reduce the distractions of other sounds. Wikipedia's entry on sound masking puts it better: Imagine a dark room where someone is turning on and off a torch. The light is very obvious and distracted. Now imagine the lights in the room are on. The torch is still in the activation and deactivation stage, but it is no longer apparent because it has been "masked." Sound masking is a similar process of covering up a distracting sound with a more soothing or less intrusive sound. Where to get it: If you can install desktop software where you work, we have previously recommended websites like Coffeetivity and Rainy Cafe, and applications like ChatterBlocker for Windows and OS X to cover sounds. They recreate different environments (such as a coffee shop or an office) to fill in significant gaps or introduce other environmental sounds into your mix. For a purer white/pink/brown noise generator, try SimplyNoise. Windows only: ChatterBlocker Desktop application "neutralizes" office noise with a variety of... Read moreLost in a sea of crackle random diffuser? Editor testing found that pink noise generally simulates a cascade effect, while setting the brown/red noise in SimplyNoise to a low volume, allowing the volume to drop up and down, or swing, provides a sound landscape similar to waves hitting the shore in the distance. Other RoutesWe asked our readers to share the music that helps them do things, and they showered us with the answers. There are a lot of artists, albums and specific genres listed in the comments of that post that might inspire you to re-move your playlist, but some some unique ideas about what helped them listen while they remain productive. four12 wrote that listening to radio stations in foreign languages "effectively affects the sound of the office, but because I don't understand what they say (although I'm learning,) my brain also plays that out."Case, France Info Radio provides news-ma-not-really news you need .Wowsers808, on the other hand, goes with a more traditional, and warmly Geeky Geeky, Pic: The Blade Runner Soundtrack. "Note that Vangelis' Tunes Eterea!" made me pass through every single wise to university. "Even the video game soundtracks could be good, since they are designed to provide a stimulating background that does not joke with your concentration.g / O Supports could get a commission we are even more than open to your suggestions that music, noise, random sounds or audio hackery facilitates the most productive environment. Tell us about your choices in comments. Sara's photos BJA*rk. Air, like all things, is made up of molecules. Even a small air region contains a vast number of air molecules. The molecules are in constant movement, traveling randomly and great speed. Constantly with and bounce from each other and tip and bounce from objects that are in contact with air. A vibrant object will produce sound waves in the air. For example, when the head of a drum is hit with a Maglio, the drum vibrates and produces sound waves. The vibrant drum produces sound waves because it moves alternately towards the outside and inwards, pushing against, then moving away from it, the air next to it. The air molecules that affect the drum while being moving towards the outside rebound from it with more than their normal energy and speed, having received a boost from the drum. These fastest molecules move in the surrounding air. For a moment, therefore, the region next to the drum has a greater concentration of the normal air molecules - becomes a region of compression. While the fastest molecules exceed the air molecules in the surrounding air, collide with them and pass on their extra energy. The compression region moves towards the outside as the energy from the vibrating drum is transferred to groups of further and farthest molecules. The molecules that strike the drum while moving the bounce towards the inside by it with less than their normal energy and speed. For a moment, therefore, the region next to the drum has less molecules than normal ... becomes a region of rarefaction. Even the molecules that collide with these lens married molecules bounce with less speed than normal, and the rarefaction region travels outwards. The nature of the sound wave becomes evident when a graph is drawn to show changes in the concentration of air molecules at some point the alternating impulses of compression and rarefaction spend that point. The graph for a single pure tone, like that produced by a tuning fork. The curve shows the changes in concentration. Begins, arbitrarily, in a Moment when concentration is normal and a compression pulse is just coming. The distance of each point on the curve from the horizontal axis indicates how much the concentration varies from normal compression and the following rarefaction is a cycle. (A one can also be measured from any point of the curve to the next corresponding point.) The frequency of a sound is measured in cycles per second, or hertz (HZ abbreviated). The amplitude is the maximum quantity of which the concentration of air molecules varies from normal. The wavelength of a sound is the distance travelled by perturbation during a cycle. It is related to speed and frequency of sound from the speed/frequency formula = wavelength. This means that high-frequency sounds have short wavelengths and low-frequency ones have long wavelengths. The human ear can detect sounds with frequencies between 15 Hz and 20,000 Hz. In the calm air at room temperature, the sounds with these frequencies have wavelengths of 75 feet (23 m) and 0.68 inches (1.7 cm). The intensity refers to the amount of energy transmitted by the disorder. It is proportional to the square of the width. The intensity is measured in watts per square centimeter or in decibel (db). The decibel scale is defined as follows: An intensity of 10-16 watts per square centimeter is 0 db. (Write in decimal form, 10-16 appears as 0.0 000 000 000 000 000 000 001.) Each decuplicate of watts per square centimeter means an increase of 10 db. Thus an intensity of 10-15 watts per square centimeter can also be expressed as 10 db and an intensity of 10-4 (or 0.0001) watts per square centimeter as 120 db. The intensity of the sound decreases rapidly with the increase of the distance from the source. For a small sound source that radiates energy evenly in all directions, the intensity varies inversely with the square of the distance from the source. That is, at a distance of two feet from the source the intensity is a quarter greater than it is at a distance of one foot; at three feet is only a ninth larger than it is at one foot, etc. PitchThe Pitch depends on the frequency; In general, an increase in frequency causes a feeling of increase in tone. The ability to distinguish two sounds close in frequency, however, decreases in the upper and lower parts of the audible frequency range. There is also a variation from person to person in the ability to distinguish between two sounds of almost the same frequency. Some experienced musicians are able to detect frequency differences up to 1 or 2 Hz. Due to the operation of the auditory mechanism, the perception of the tone is also influenced by the intensity. So, when a 440 Hz vibrating diapason (the frequency of A above the middle Do of the piano) is approached to the ear, it feels a slightly lower tone, as if the diapason was vibrating slower. When the source of a sound moves at relatively high speed, a fixed listener hears a higher sound when the source moves towards him or her, and a lower sound, in height when the source moves away. This phenomenon, knownDoppler effect, is due to the undulating nature of sound. RumoreIn general, an increase in intensity causes a feeling of greater volume. But the noiseA 50 dB sound has ten times the intensity of a 40 dB sound, but it is only twice the volume. Volume doubles with every 10 dB increase in intensity. Volume is also affected by frequency, because the human ear is more sensitive to some frequencies than others. The threshold of hearing, the lowest sound intensity that will produce the auditory sensation for most people, is about 0 dB in the 2000 to 5000 Hz frequency range. For frequencies below and above this range, sounds must have a higher intensity to be heard. So, for example, a sound of 100 Hz is barely audible at 30 dB; a sound of 10,000 Hz is barely audible at 20 dB. At 120-140 dB most people experience physical discomfort or actual pain, and this level of intensity is referred to as the threshold of pain.

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