

Forum:[Hack Forums](#)

Thread: [Thunderstorm At Sea Sounds For Sleeping, Relaxing ~ Thunder Rain Ocean Sea Lightning](#)

?ytes - October 8, 2020, 7:02 am

I'm in quarantine/self isolation, got nothing to do really, and was listening to this last night (with headphone on).

[Video: <https://www.youtube.com/watch?v=AsD5u6k6dKI>]

I got a sound sleep for over 7 hours, non-stop.
I'm surprised and can't believe this myself!

Do you ever do such things? LOL

Jinu - October 8, 2020, 7:12 am

I am using the Calm app. It has these features with customization options. I have tried the riverside and forest sounds. It gives peace of mind before sleeping.

Doom - October 8, 2020, 7:16 am

I used to have surround sound setup in my room so I'd play raining videos to help me sleep, they work really well!

Velma - October 8, 2020, 7:17 am

music is the remedy for many problems and it certainly helps with sleeping.

telly - October 8, 2020, 9:00 am

Does anyone else fall asleep to ASMR?

MarvinMalware - October 8, 2020, 9:15 am

I occasionally do this, and it definitely helps me fall asleep and stay asleep. I usually prefer the forest sounds, like campfire sounds or just plain old wilderness.

Deany - October 8, 2020, 9:16 am

I admit I listen to rain sounds as well
Good taste

SourceCode101 - October 8, 2020, 9:17 am

(Oct 8, 2020 07:02 AM)?ytes Wrote: [\[CITE\]](#) I'm in quarantine/self isolation, got nothing to do really, and was listening to this last night (with headphone on).

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Do you ever do such things? LOLunfortunately, i like those sounds, I love the rain -thunders / etc
But I can't sleep if I "hear" something, I'm a bit paranoid with the sounds when I'm trying to sleep

Free Kurdistan - October 8, 2020, 9:22 am

I tend to listen to this or to ASMR whenever I want to get sleepy, works like a damn charm.

Xen - October 8, 2020, 9:48 am

Where I live I just open the window and I get the sound of rain. I do it though and it does actually help me fall asleep :)

Marcellus - October 8, 2020, 10:23 am

When I was young I loved to hear my grandma's old refrigerator.. I am looking for a sound like it but I can not find anything similar anywhere.

Mr. Atlas - October 8, 2020, 11:44 am

when your brain makes too much noise it can help

Oziman - October 8, 2020, 11:50 am

Thunderstorm and rain in forests is my fav for sleep and to concentrate.

?ytes - October 10, 2020, 11:05 pm

(Oct 8, 2020 11:44 AM)Mr. Atlas Wrote: [\[CITE\]](#) when your brain makes too much noise it can help Most under rated comment. Kinda true man! This is what actually happens!

FrostyNugs - October 11, 2020, 12:17 am

Yeah I always loved it when it started to rain or there was a storm because the sleeping experience was awesome. I started looking on YouTube for videos or audio they would be recordings of rain falling then I would put that on surround sound in my room and I would just doze off.

-Exploit- - October 11, 2020, 11:26 am

Love this kind of stuff the world is amazing

SIM-4033767 - October 13, 2020, 1:13 pm

Nice sound man I like this might use it in the future