

Forum:[Hack Forums](#)

Thread: [Where do you guys stand on ASMR?](#)

padrino - August 4, 2024, 5:03 pm

A lot of people have suggested I check it out to help me with anxiety and insomnia - and I've got to say, it's kind of working. It's no miracle cure and it feels little weird but it's certainly helping me to chill out and wind down of an evening. Do any of you guys watch it, and have any channels you reccomend?

padrino - August 4, 2024, 5:29 pm

(Aug 4, 2024 05:27 PM)Snyke Wrote: [\[CITE\]](#) I think the creepy fat bitches whispering into a microphone is sketchy as hell.
I cannot argue with that - it totally is.

padrino - August 4, 2024, 5:33 pm

(Aug 4, 2024 05:30 PM)Snyke Wrote: [\[CITE\]](#) So you mean like crickets and night noises and shit?
I can get down with that.
Yeah I'm more listening to [this](#) kind of shit - maybe it's not ASMR?

Charlie Sheen - August 4, 2024, 5:39 pm

I absolutely have to have some sort of white noise in the background to fall asleep. I have a loud air purifier, that I keep on high to help me sleep. If I'm traveling I have a white noise app that I use.

As far as listening to ASMR for anything else, nah. There is one video I like to load up with I'm in a voice chat.

[Video: https://youtu.be/skG_5LS8Ht8?si=rTT8UCmu6CU2Zv0j]

padrino - August 4, 2024, 5:41 pm

(Aug 4, 2024 05:35 PM)Snyke Wrote: [\[CITE\]](#) be a man about it, lumberjack

<https://www.youtube.com/watch?v=ozCtwl8nQ-s>

Ah man I like that. Goes well with what I've been listening to while working, although it's not relaxing so much. You gotta chack this:

<https://www.youtube.com/watch?v=5tSTEa3G9Ng>

(Aug 4, 2024 05:39 PM)Charlie Sheen Wrote: [\[CITE\]](#) I absolutely have to have some sort of white noise in the background to fall asleep. I have a loud air purifier, that I keep on high to help me sleep. If I'm traveling I have a white noise app that I use.

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Casually saving this for my next discord session...

Bastille - August 4, 2024, 7:56 pm

I tried but the noises makes me really uncomfortable, I don't understand how people can listen to ASMR and relax

However I need a background noise to sleep, I usually play a series that I care but don't care enough to open my eyes and watch

Deany - August 4, 2024, 11:01 pm

That shet weird af coming from me who watches hentai

DashPHP - August 5, 2024, 2:47 am

There are some hugeee ASMR tiktokers who get 10k+ sitting in their lives. Does sound good but I rather have music,

OGcitr0n - August 7, 2024, 6:00 am

ASMR is best in complete darkness