

Forum:[Hack Forums](#)

Thread: [Silence or background noise while working?](#)

Fish - October 1, 2024, 5:59 pm

When you're trying to focus and do work, do you prefer total silence or a little background noise like music or a podcast?

illuminati? - October 1, 2024, 6:01 pm

(Oct 1, 2024 05:59 PM)Fish Wrote: [\[CITE\]](#) When you're trying to focus and do work, do you prefer total silence or a little background noise like music or a podcast?
Another HQP by fish.

Always have some show playing in the background.
Can't sleep if it's quiet.

oRequiem - October 1, 2024, 6:02 pm

Depends on what I'm doing. Usually music though, I can't have full on silence.
As everyone says "The Silence is loud"

Fish - October 1, 2024, 6:02 pm

(Oct 1, 2024 06:01 PM)illuminati? Wrote: [\[CITE\]](#) Another HQP by fish.

Always have some show playing in the background.
Can't sleep if it's quiet.
Just trying my best!

TV show playing in the background? Does the show need to be one you've watched in the past or a new one? I feel like if I want to watch a new show it'll distract me too much/I won't be able to follow along 100%

(Oct 1, 2024 06:02 PM)oRequiem Wrote: [\[CITE\]](#) Depends on what I'm doing. Usually music though, I can't have full on silence.
As everyone says "The Silence is loud"
Yup that's true! What kind of music?

illuminati? - October 1, 2024, 6:03 pm

(Oct 1, 2024 06:02 PM)Fish Wrote: [\[CITE\]](#) Just trying my best!

TV show playing in the background? Does the show need to be one you've watched in the past or a new one? I feel like if I want to watch a new show it'll distract me too much/I won't be able to follow along 100%
WOAH.
I read the thread wrong.
But my answer does not change.
It's either a tv show, or music.

Fish - October 1, 2024, 6:04 pm

(Oct 1, 2024 06:03 PM)illuminati? Wrote: [\[CITE\]](#) WOAH.
I read the thread wrong.

But my answer does not change.
It's either a tv show, or music.
All good, you're hammering out these posts. Mistakes are common lol

What kind of music would you listen to? Would the TV show be a new show or an old one you've previously watched?

illuminati? - October 1, 2024, 6:06 pm

(Oct 1, 2024 06:04 PM)Fish Wrote: [\[CITE\]](#) All good, you're hammering out these posts. Mistakes are common lol

What kind of music would you listen to? Would the TV show be a new show or an old one you've previously watched?

Tv show wise, it would probably be something like south park, family guy, or similar.

Music, all depends on the day tbh.

Fish - October 1, 2024, 6:07 pm

(Oct 1, 2024 06:06 PM)illuminati? Wrote: [\[CITE\]](#) Tv show wise, it would probably be something like south park, family guy, or similar.

Music, all depends on the day tbh.

Yeah, those are the kind of brain dead shows to have in the background - if that makes sense. I feel like it would be harder to watch an action show, or sci-fi while doing work.

My go to music is lo-fi beats for when im working

Confound - October 1, 2024, 6:07 pm

Absolute silence. Airplane mode, 100% over.

Fish - October 1, 2024, 6:08 pm

(Oct 1, 2024 06:07 PM)Confound Wrote: [\[CITE\]](#) Absolute silence. Airplane mode, 100% over.
Not even white noise?

DashPHP - October 1, 2024, 6:09 pm

I love music. Have it playing at all times haha

illuminati? - October 1, 2024, 6:10 pm

(Oct 1, 2024 06:07 PM)Fish Wrote: [\[CITE\]](#) Yeah, those are the kind of brain dead shows to have in the background - if that makes sense. I feel like it would be harder to watch an action show, or sci-fi while doing work.

My go to music is lo-fi beats for when im working
Brother, you gotta try listening to some Deathcore.
Really get the brain going.

Fish - October 1, 2024, 6:11 pm

(Oct 1, 2024 06:09 PM)DashPHP Wrote: [\[CITE\]](#) I love music. Have it playing at all times haha
What kind of music is your go to?

(Oct 1, 2024 06:10 PM)illuminati? Wrote: [\[CITE\]](#) Brother, you gotta try listening to some Deathcore.

Really get the brain going.
Never tried before, i'll look it up now! Thanks for the suggestion

illuminati? - October 1, 2024, 6:11 pm

(Oct 1, 2024 06:11 PM)Fish Wrote: [\[CITE\]](#) What kind of music is your go to?

Never tried before, i'll look it up now! Thanks for the suggestion
Album: Pain Remains
Artist: Lorna Shore.

you're whalecum,

Fish - October 1, 2024, 6:12 pm

(Oct 1, 2024 06:11 PM)illuminati? Wrote: [\[CITE\]](#) Album: Pain Remains
Artist: Lorna Shore.

you're whalecum,
Thank you! Any other suggestions up your sleeve?

illuminati? - October 1, 2024, 6:13 pm

(Oct 1, 2024 06:12 PM)Fish Wrote: [\[CITE\]](#) Thank you! Any other suggestions up your sleeve?
Depends on the day my friend.

Fish - October 1, 2024, 6:14 pm

(Oct 1, 2024 06:13 PM)illuminati? Wrote: [\[CITE\]](#) Depends on the day my friend.
Fair enough! Every day is a different kind of vibe

SuseGD - October 1, 2024, 6:14 pm

(Oct 1, 2024 05:59 PM)Fish Wrote: [\[CITE\]](#) When you're trying to focus and do work, do you prefer total silence or a little background noise like music or a podcast?
I honestly focus best when I'm listening to music. I know for some people it can be pretty distracting, but it helps me to concentrate more on the task at hand.

Fish - October 1, 2024, 6:15 pm

(Oct 1, 2024 06:14 PM)SuseGD Wrote: [\[CITE\]](#) I honestly focus best when I'm listening to music. I know for some people it can be pretty distracting, but it helps me to concentrate more on the task at hand.
Yeah id say if its instrumental or no lyrics then it'll help me focus. But if I know the words then it throws me off track

DashPHP - October 1, 2024, 6:17 pm

(Oct 1, 2024 06:11 PM)Fish Wrote: [\[CITE\]](#) What kind of music is your go to?

Never tried before, i'll look it up now! Thanks for the suggestion
I honestly have quite the mix of taste. Screamo, to sad music. Shits a rollercoaster

SuseGD - October 1, 2024, 6:17 pm

(Oct 1, 2024 06:15 PM)Fish Wrote: [\[CITE\]](#) Yeah id say if its instrumental or no lyrics then it'll help me focus. But if I know the words then it throws me off track
Funny thing is, I listen to hardcore dubstep music while working. It has the most intense bass and drops, and I have no clue how I'm able to focus, but I just am. It seems really counterintuitive, but I'm

more productive when I listen to hardcore music.

Fish - October 1, 2024, 6:19 pm

(Oct 1, 2024 06:17 PM)DashPHP Wrote: [\[CITE\]](#) I honestly have quite the mix of taste. Screamo, to sad music. Shits a rollercoaster

Id say I also have a mix of taste, but screamo is definitely not on my list!

(Oct 1, 2024 06:17 PM)SuseGD Wrote: [\[CITE\]](#) Funny thing is, I listen to hardcore dubstep music while working. It has the most intense bass and drops, and I have no clue how I'm able to focus, but I just am. It seems really counterintuitive, but I'm more productive when I listen to hardcore music. wow. Thats so intense. Seems like a special skill to be able to work under that kind of music lol

SuseGD - October 1, 2024, 6:20 pm

(Oct 1, 2024 06:19 PM)Fish Wrote: [\[CITE\]](#) Id say I also have a mix of taste, but screamo is definitely not on my list!

wow. Thats so intense. Seems like a special skill to be able to work under that kind of music lol
Yeah, I don't even know how that works. Listening to this type of music somehow helps calm me down and helps me focus. What music do you usually listen to?

DashPHP - October 1, 2024, 6:20 pm

(Oct 1, 2024 06:19 PM)Fish Wrote: [\[CITE\]](#) Id say I also have a mix of taste, but screamo is definitely not on my list!

wow. Thats so intense. Seems like a special skill to be able to work under that kind of music lol
Nah listen brotha, screamo hits differently. Blast that on full volume and hear the emotions. Ahhh.

Fish - October 1, 2024, 6:23 pm

(Oct 1, 2024 06:20 PM)SuseGD Wrote: [\[CITE\]](#) Yeah, I don't even know how that works. Listening to this type of music somehow helps calm me down and helps me focus. What music do you usually listen to?

Special way of calming down, that's for sure. Id say I listen to lo-fi beats when working out. In day to day life I would say I just listen to whatever is on the radio. Im not too picky

(Oct 1, 2024 06:20 PM)DashPHP Wrote: [\[CITE\]](#) Nah listen brotha, screamo hits differently. Blast that on full volume and hear the emotions. Ahhh.

Will do! Next time I'm doing work I'll blast that shit and see how it goes. Appreciate the advice

SuseGD - October 1, 2024, 6:25 pm

(Oct 1, 2024 06:23 PM)Fish Wrote: [\[CITE\]](#) Special way of calming down, that's for sure. Id say I listen to lo-fi beats when working out. In day to day life I would say I just listen to whatever is on the radio. Im not too picky

Lo-fi is a pretty interesting genre, I've listened to some of it before and it's pretty good. I'm not too picky either with my music, but if given a choice, I'll gladly make one.

Confound - October 1, 2024, 6:25 pm

(Oct 1, 2024 06:08 PM)Fish Wrote: [\[CITE\]](#) Not even white noise?

White noise is fine. I'll listen to jazz sometimes too.

DashPHP - October 1, 2024, 6:26 pm

(Oct 1, 2024 06:23 PM)Fish Wrote: [\[CITE\]](#) Special way of calming down, that's for sure. Id say I listen

to lo-fi beats when working out. In day to day life I would say I just listen to whatever is on the radio. Im not too picky

Will do! Next time I'm doing work I'll blast that shit and see how it goes. Appreciate the advice Hahahahah good stuff.

Fish - October 1, 2024, 6:29 pm

(Oct 1, 2024 06:25 PM)SuseGD Wrote: [\[CITE\]](#) Lo-fi is a pretty interesting genre, I've listened to some of it before and it's pretty good. I'm not too picky either with my music, but if given a choice, I'll gladly make one.

Its pretty good, yeah! Its very interesting, i agree with that.

(Oct 1, 2024 06:25 PM)Confound Wrote: [\[CITE\]](#) White noise is fine. I'll listen to jazz sometimes too. White noise is what i sometimes listen to when i need to do work and my environment is loud.

(Oct 1, 2024 06:26 PM)DashPHP Wrote: [\[CITE\]](#) Hahahahah good stuff. I'll post back here and let you know how screamo goes... I have a feeling it wont go well

DashPHP - October 1, 2024, 6:31 pm

(Oct 1, 2024 06:29 PM)Fish Wrote: [\[CITE\]](#) Its pretty good, yeah! Its very interesting, i agree with that.

White noise is what i sometimes listen to when i need to do work and my environment is loud.

I'll post back here and let you know how screamo goes... I have a feeling it wont go well
???? try give it a go, I'll recommend you some of you'd like.

Fish - October 1, 2024, 6:33 pm

(Oct 1, 2024 06:27 PM)php Wrote: [\[CITE\]](#) Working in silence couldn't imagine that. Unless I'm locked in the zone I'm at the very least verbally processing what I'm doing next – constantly.

If not that, another layer of audio would have to be

Something like this ^ that has a repetitive nature to it and isn't overtaking my attention span (lyrics, drops, etc).

Yeah, I like that! I feel like you need something that cant overtake your attention

(Oct 1, 2024 06:31 PM)DashPHP Wrote: [\[CITE\]](#) ???? try give it a go, I'll recommend you some of you'd like.

Recommend me something, and I'll play it while I focus on posting on HF.

Charlie Sheen - October 1, 2024, 6:48 pm

I do a lot better in silence. I need to just focus. If there's music playing then I start wanting to control the song and skip around to find a song I like.

Fish - October 1, 2024, 6:51 pm

(Oct 1, 2024 06:48 PM)Charlie Sheen Wrote: [\[CITE\]](#) I do a lot better in silence. I need to just focus. If

there's music playing then I start wanting to control the song and skip around to find a song I like.
I agree with that. Silence is good, but sometimes I pop on lo-fi beats to help get things moving - but at the same time it can distract me by making me sip songs etc

Purgatory - October 1, 2024, 6:53 pm

(Oct 1, 2024 05:59 PM)Fish Wrote: [\[CITE\]](#) When you're trying to focus and do work, do you prefer total silence or a little background noise like music or a podcast?

Sometimes I listen to music; but sometimes my music stops and I don't even notice because I am so involved with whatever I am doing.

Fish - October 1, 2024, 6:55 pm

(Oct 1, 2024 06:53 PM)Purgatory Wrote: [\[CITE\]](#) Sometimes I listen to music; but sometimes my music stops and I don't even notice because I am so involved with whatever I am doing.

Yeah! I'd say that's a good thing! You're so focused and productive that you don't notice the music stops. That's the ideal level of productivity if you ask me

Bumface - October 1, 2024, 7:08 pm

(Oct 1, 2024 05:59 PM)Fish Wrote: [\[CITE\]](#) When you're trying to focus and do work, do you prefer total silence or a little background noise like music or a podcast?

I don't have a job, but I listen to destressing music when I'm overwhelmed and then I'll switch to NCS Classics if I want to get motivated.

Fish - October 1, 2024, 7:10 pm

(Oct 1, 2024 07:08 PM)Bumface Wrote: [\[CITE\]](#) I don't have a job, but I listen to destressing music when I'm overwhelmed and then I'll switch to NCS Classics if I want to get motivated.

destressing music is nice, what kind of music is that? or do you literally search for destressing music?

Bumface - October 1, 2024, 7:15 pm

(Oct 1, 2024 07:10 PM)Fish Wrote: [\[CITE\]](#) destressing music is nice, what kind of music is that? or do you literally search for destressing music?

This is the playlist I listen to, it's just background music, slow, soothing to the soul.

DemonAsylum - October 1, 2024, 7:16 pm

Depends on the kind of work for me. Some things I'll need silence in order to focus X amount or in X way. Another type of work though I could be blaring music and that is what feels good.

Fish - October 1, 2024, 7:17 pm

(Oct 1, 2024 07:15 PM)Bumface Wrote: [\[CITE\]](#)

This is the playlist I listen to, it's just background music, slow, soothing to the soul. Thanks for the share! I'll take a look and report back to you!

(Oct 1, 2024 07:16 PM)DemonAsylum Wrote: [\[CITE\]](#) Depends on the kind of work for me. Some things I'll need silence in order to focus X amount or in X way. Another type of work though I could be blaring music and that is what feels good.

Yup! Some things definitely need silence for me. Meanwhile, for other people - they work with screamo in the background! Kinda crazy

DemonAsylum - October 1, 2024, 7:18 pm

(Oct 1, 2024 07:17 PM)Fish Wrote: [\[CITE\]](#) Thanks for the share! I'll take a look and report back to

you!

Yup! Some things definitely need silence for me. Meanwhile, for other people - they work with screamo in the background! Kinda crazy

Everybody thrives in different environments and circumstances I suppose. Just gotta find what works best for you!

Fish - October 1, 2024, 7:19 pm

(Oct 1, 2024 07:18 PM)DemonAsylum Wrote: [\[CITE\]](#) Everybody thrives in different environments and circumstances I suppose. Just gotta find what works best for you!

Yup! I lean towards lo-fi beats or silence, personally. anything more than that is too much

Bastille - October 2, 2024, 12:46 am

Music of course, but without lyrics, because sometimes I need to read text in english (it's not my native tongue) and it can be more complicated when I need to read english and when I also have someone singing in english in my ears

RangoWorld - October 2, 2024, 1:05 am

(Oct 1, 2024 05:59 PM)Fish Wrote: [\[CITE\]](#) When you're trying to focus and do work, do you prefer total silence or a little background noise like music or a podcast?

Interesting question.

I prefer silence when I'm doing some cognitively challenging task like Reading, writing or solving Math problems.

But when I'm doing some mundane task. I prefer a little music, podcast or even some YouTube video/s in the background just to keep my brain stimulating enough, focused on the task and not getting distracted easily. Usually music (without lyrics) work best in this regard.

Pigley - October 2, 2024, 3:52 am

I can't get any work done unless a team of cheerleaders stands behind me, cheering, C'mon, Pigley, you can do it! Clap, clap!

I also like listening to radio while working.

: -)

Deany - October 2, 2024, 3:53 am

Meh I can do both but prefer silence

kazuisnotawhore - October 2, 2024, 3:54 am

imo silence helps you focus better and somewhere background noise distracts you

tbh i think i like silence way more than any type of noise

diablospartan - October 2, 2024, 4:59 am

I always listen to something like binaural beats ,healing frecuencies ,subliminal sugestions audio etc ,preotection frecuencies etc

Fish - October 2, 2024, 9:16 am

(Oct 2, 2024 12:46 AM)Bastille Wrote: [\[CITE\]](#) Music of course, but without lyrics, because sometimes I need to read text in english (it's not my native tongue) and it can be more complicated when I need

to read english and when I also have someone singing in english in my ears

Yes! Music without lyrics, I completely agree. I find it hard to do work and listen to lyrics at the same time, especially if I know the lyrics because I'll try to sing along and it'll distract me. Compared to just calm, music, it can just go on and on and I practically don't even notice it.

(Oct 2, 2024 01:05 AM)RangoWorld Wrote: [\[CITE\]](#) Interesting question.

I prefer silence when I'm doing some cognitively challenging task like Reading, writing or solving Math problems.

But when I'm doing some mundane task. I prefer a little music, podcast or even some YouTube video/s in the background just to keep my brain stimulating enough, focused on the task and not getting distracted easily. Usually music (without lyrics) work best in this regard.

Yup. Same here! Silence is normally my go to when doing tricky things. But if its something stupid, having some music on in the background is great. I had a friend back in school watch tv whenever they were doing homework or studying. I personally don't understand how they did it, but to each their own

(Oct 2, 2024 03:53 AM)Deany Wrote: [\[CITE\]](#) Meh I can do both but prefer silence
Silence is key sometimes!

(Oct 2, 2024 04:59 AM)diablospartan Wrote: [\[CITE\]](#) I always listen to something like binaural beats ,healing frecuencies ,subliminal sugestions audio etc ,preotection frecuencies etc
Is binaural beats those songs that play different music in your ear, or feels like the music is surrounding you - if that makes sense? I feel like I've seen a few tiktoks on it

Jinu - October 2, 2024, 9:18 am

I prefer a total silence. I will get digression easily when I hear or see any motions around me when i am working.

Mr_Kh4os - October 2, 2024, 9:19 am

Absolutely always have music or white noise like a fan or something while I am working it helps me vibe.

Jake Johnson - October 21, 2024, 4:14 pm

When I'm working I always have background noise on. I either have music, a news channel, or a random series playing just for the noise.

2xTheTap115 - October 22, 2024, 10:28 pm

Varies, I usually prefer to work in noise (music, podcasts or some yt video) however when I am trying to focus as much as possible on the task at hand I prefer not to have too many distractions around me.

DanielZ - October 22, 2024, 10:37 pm

If it's office work, absolute silence would be the best, for everything else music is the perfect option

HOMODIN - October 22, 2024, 10:39 pm

Background music is the best option imo, usually some random "Daily mix" from spotify works well ?

ahw9n2io8wd9h - October 23, 2024, 12:18 am

Used to need background music to work but recently I've been listening to nothing while working.

sharn - October 23, 2024, 3:02 am

It depends on the task.

For tasks that require deep focus, I prefer silence, but for lighter work, background noise is fine.