White Noise Help Guide

iOS, Android, Mac, Windows

Created by TMSOFT

http://www.tmsoft.com/white-noise/
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Introduction

White Noise allows you to create the perfect ambient sound environment for relaxation or sleep. The White Noise application has many powerful features and it's available on many different platforms including iOS, Android, Mac, and Windows. This guide will help explain how to leverage all of these features for the latest version of White Noise. Most platforms will have the same features unless specified otherwise.

Launching White Noise for the first time on mobile devices will take you through a series of useful tips. You can swipe left or right to go forwards or backwards through the tips. You can close the tips by tapping the Dismiss button on iOS or back button on Android. Anytime an upgrade occurs the tips will display again. This can be disabled in the settings if you do not want to see tips after an app upgrade.

Main Interface

The White Noise main interface includes a top toolbar, sound photo, media controls, and a bottom toolbar.

Top Toolbar

Main Menu and Share buttons are on the Top Toolbar with Timer and Alarm status information directly below it if you have one enabled. If multiple timers/alarms are enabled you can tap on the timer status area to show all of them.
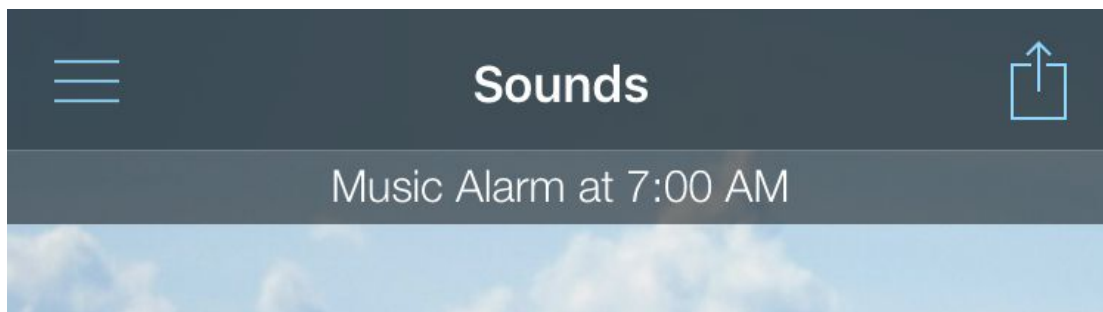
Sound Photo

Most of the interface is dedicated to a large photo of the currently selected sound. There is also a sound title displayed along with the photo. Swiping left or right on the photo will navigate backwards or forwards through the sound list. As you do so, you'll see the photo and title update to the newly selected sound.

Ocean Waves Crashing

Media Controls

Quickly switch between different sounds using the on-screen media controls near the bottom of the screen. Tapping the Next or Previous buttons allows for navigation through the currently selected category of sounds.
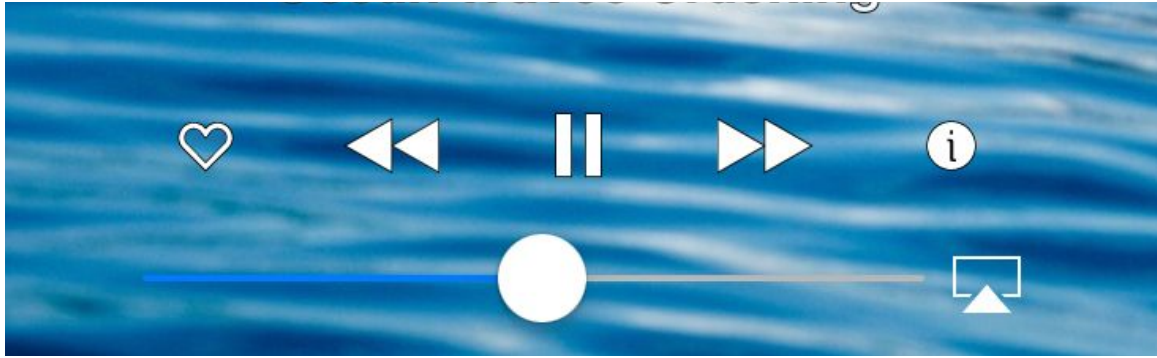
Sound playback can be toggled by pressing the play/pause button. On mobile devices, the current device volume can be adjusted using the slider. The volume control will also allow you to stream to other supported devices such as Apple TV (iOS only) or Chromecast TV (Android only) devices. The volume control can also be adjusted using the hardware volume controls. Android and iOS also include an additional sound volume control in the application settings. The volume control on the Mac version adjusts the application volume rather than the device volume.

Bottom Toolbar

On mobile devices there will be a bottom toolbar allowing quick access to common features such as the Creation of sounds, Downloading sounds from the White Noise Market, Managing Sounds, Timers & Alarms, and the Sleep Clock.
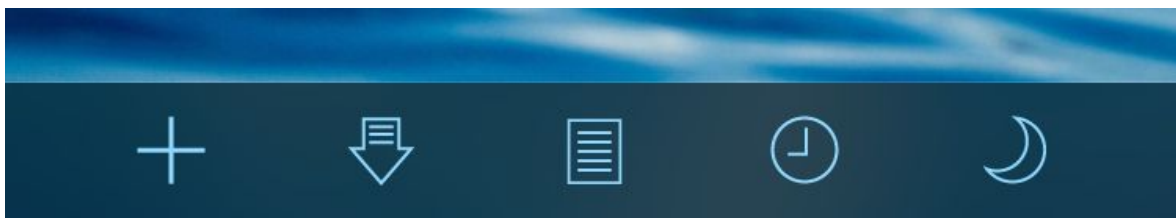
Main Menu

Tap the top left menu button on mobile devices to bring out the full list of features including the different sound categories to navigate, various application features, and settings.

On Mac, these functions are available within the application menu and top toolbar.

On Windows, these functions are available along the bottom in the application command bar.
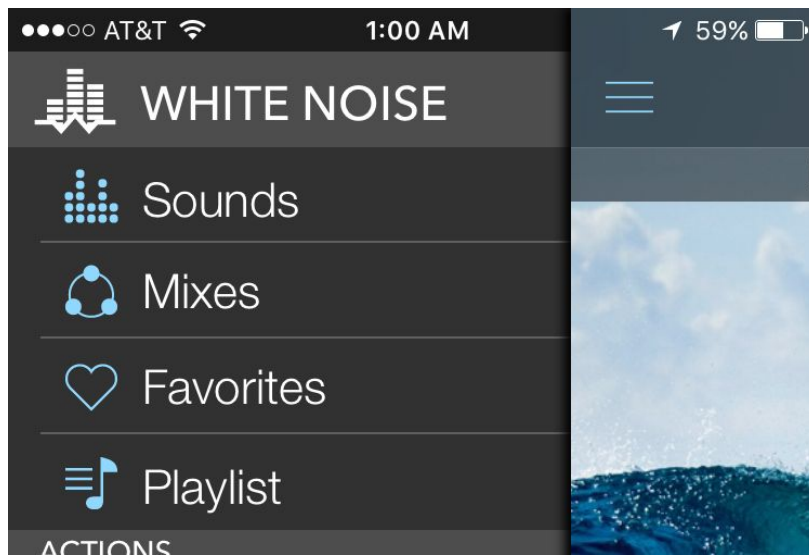
Sound Categories

Sound Categories are unique lists of sounds that can be navigated for playback. The unique sound categories include single sounds, mixes, playlist, and favorites. The application always remembers the sound category and active sound that was last selected.
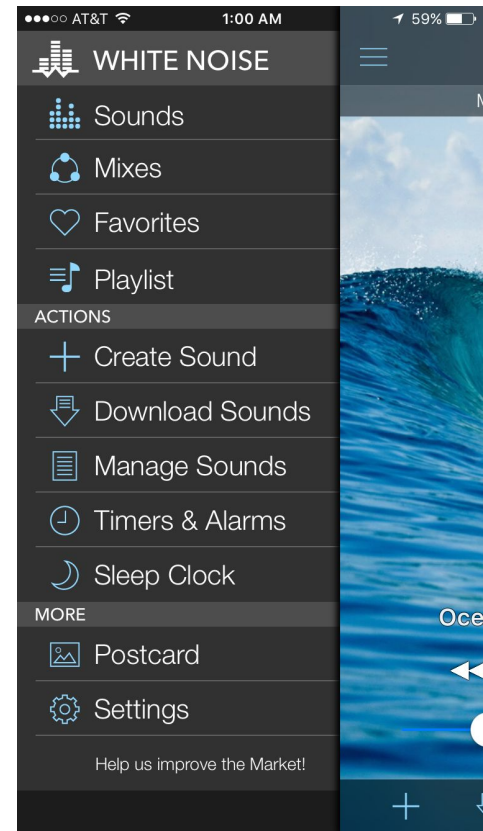
- Sounds - This category contains all the individual sounds for White Noise. It is also the default category and where new sound recordings will be placed once imported.
- Mixes - This allows navigation of all the default and custom mixes you have created. New mixes are created using the Mix Pad. Mixes can include up to five sounds.
- Playlist - This enables the playlist mode, which plays sounds and mixes each with a specified duration of time of your choosing. The playlist will stop playing once it reaches the end of the list unless looping is specified in the settings. It also fades the volume between sounds.
- Favorites - This is all your favorite sounds and mixes that were hearted in the Catalog. This is a helpful feature if you only tend to use a small sample of sounds.

Sound Category for iOS and Android

The Sound Category can be selected by opening the main menu and selecting either Sounds, Mixes, Playlist, or Favorites. Once you pick a sound category you will be actively navigating that specific list of sounds.

Sound Category for Mac

Sound Categories for Mac and Pro Version running on iPad will display across a segmented toolbar along the top of the window.
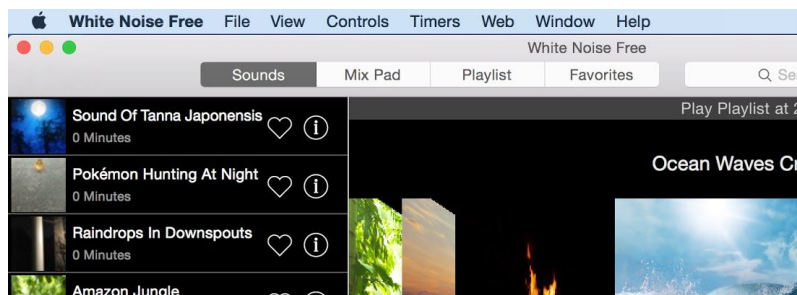
Note: Windows currently does not support Mix Pad, Playlist, or Favorites. This will be added in a future update.

Sound Catalog

On mobile devices, you can tap Manage Sounds and open the full Sound Catalog to quickly navigate and manage Sounds, Mixes, and Playlist categories and also Import downloaded sounds. Tapping on a sound in the list will toggle playback. On desktop, this functionality is implemented along the side of the main window and not as a separate view.

Sounds

Sounds are individual recordings available in the application for playback. If you import new sounds, create recordings, or generate noises they will appear at the top of the sound list.

Mixes

Mixes allow you to play multiple sounds at the same time. A handful of default mixes are included in the app and you can easily import new ones or even create your own custom mixes (see Creating Mixes).

Playlist

A playlist is available in the catalog that lets you play sounds and mixes in order, one after the other, based on the specified duration. You can shuffle a playlist by tapping the "Shuffle" button and add new items to the playlist by tapping "Add Media" (see Creating Playlists).

Editing Sound Order
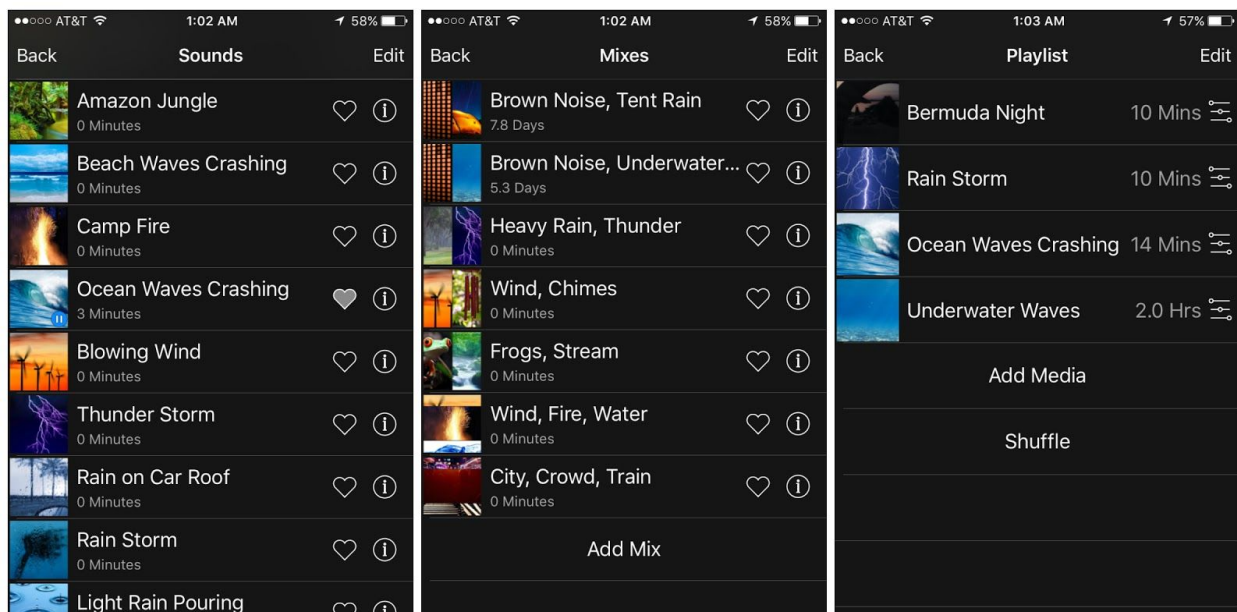
On iOS devices, tap the "Edit" button in the top right corner and then you can drag sound items into new positions in the list. On Android devices, rearranging the order of items is done by pressing and dragging each sound to the desired position.

Deleting Sounds

To delete a sound from the list, tap the Info button and tap Delete Sound. On iOS devices, you'll see a delete button while editing or you can swipe swipe left on an individual sound while not editing. *Note: Stock sounds included with the app are part of the application binary and cannot be deleted.*

Favorite Sounds

Sounds and Mixes have a heart button that allows you to toggle items as favorites. Any sounds that has the heart filled in will appear in the Favorites category for quick navigation.

Sound Info

The info button displays additional sound details including the sound description and additional actions you can take with the sound including Editing Recordings, Editing Mixes, Viewing on the Market, Sharing the Photo, E-mailing the Sound, Exporting the Sound, and listening on digital music stores if available.

Import

Lastly, the Import tab displays a list of sounds and mixes that were previously downloaded from the White Noise Market app. The sounds that are available for import are shared between all flavors of White Noise including the free version, full version, pro version, and baby version. Tapping on an individual sound will import the sound or mix into your catalog. You can also tap "Import All" which will import the entire list of sounds into your catalog.

Once a sound as been imported it is filtered from the Import list, however, if you remove the sound from your Sound Catalog it will reappear again as an available import. You can delete the Sound completely from your device by swiping left on iOS and tapping the delete button, or on Android press and hold and tap Remove.

Creating Mixes

Creating a mix lets you combine up to 5 different sounds. You can also adjust each individual sound to your liking by adjusting the volume, pitch, variance, speed and
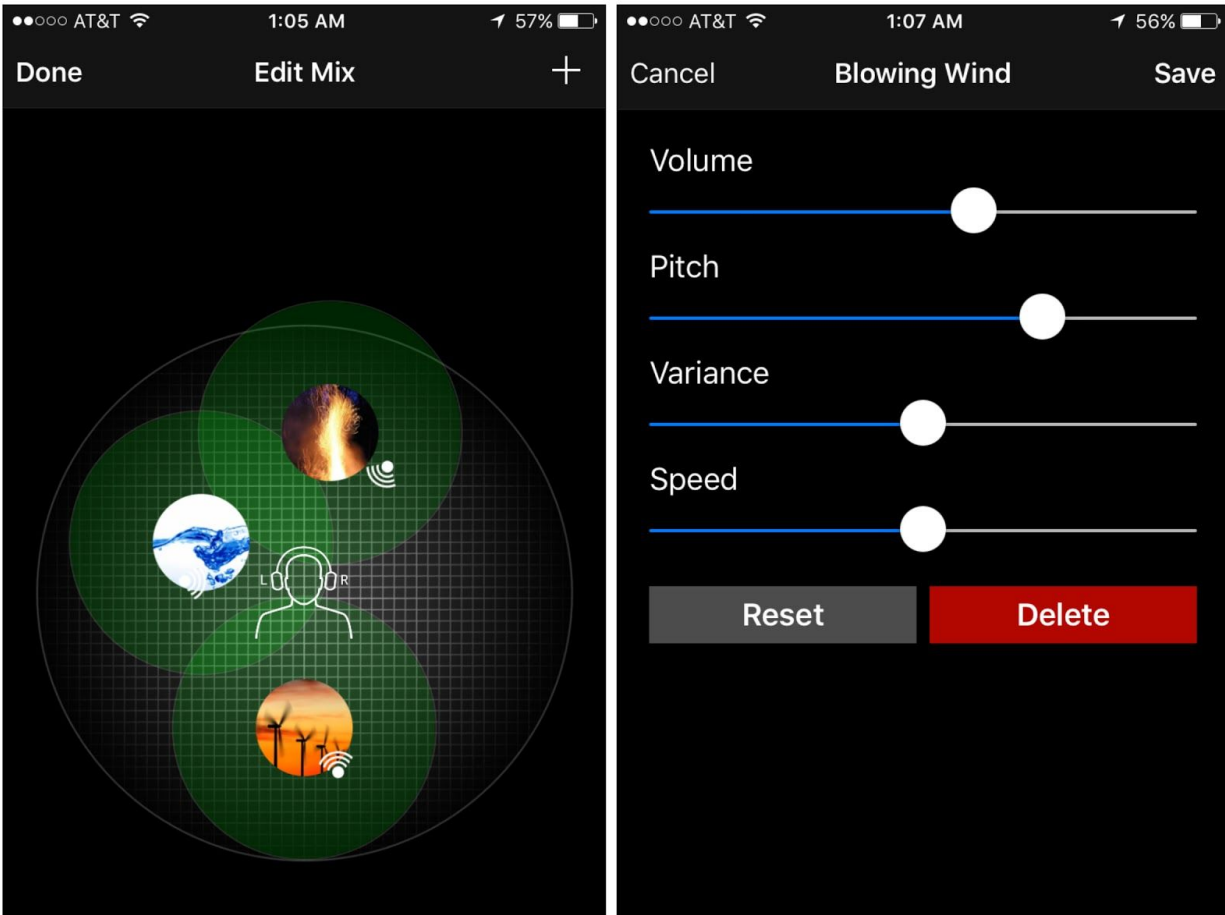
position/balance:

- Volume – The overall volume of the sound. Sound position also can affect the volume of sound.
- Pitch – The pitch of the sound which can do things like slow crashing waves or speed up the wind.
- Variance – This modifies the radius that the sound will randomly move which causes it the sound to generate from different positions. For example, if you wanted thunder to move across the sky then specify a large variance by adjusting the slider to the far right. If you wanted a campfire to stay in one place set it to no variance (far left).
- Speed – The speed the sound moves within the radius of variance. If variance is not being used then this has no effect. If you want thunder to strike across the sky as quick as possible then raise this value up. If you want crashing waves to slowly change direction over time then you would lower this value.
- Position/Balance – Moving the sound around on the mix pad will adjust the position of sound to be left, right, front, or behind the listener.

White Noise for iOS - Create new mixes by clicking "Add Mix" at the bottom of the list or by tapping the + button on the bottom tool bar on the main screen. You can select up to 5 sounds to include in a mix. Once you have selected and saved, you will see them on the mix pad where you can make further adjustments. When you are finished modifying the mix you can tap Done to save the modifications.

White Noise for Android - Create new mixes by clicking + in the top right corner of the list or by tapping the + button on the bottom tool bar on the main screen. You can select up to 5 sounds to include in a mix. Once you have selected and saved, you will see them on the mix pad where you can make further adjustments. When you are finished modifying the mix you can tap the Back button to save the modifications.

White Noise for Mac – After navigating to the Mix Pad, new sounds can be added by clicking the 'Add' button that is represented by a + with a circle around it. A list will pop up asking which sound you would like to add to the mix. After the sounds are added you can make further adjustments to them.

Modifying Mixes

Sounds on the Mix Pad can be dragged around to adjust the balance/position of the sound. Tapping or clicking on a sound in the Mix Pad will bring up a pop up allowing you to adjust the volume, pitch, variance, and speed. As you adjust the controls the sound is modified in real-time. To remove a sound from the mix, simply tap sound icon and tap Delete. Tap Reset to return all settings back to the defaults of max volume, normal pitch, no variance, and normal speed.

Mix Animation

Sounds in a mix will animate which means the sound's position will move around the listener while it plays. Individual sounds in a mix need to be configured with variance in order for this to happen. For example, if you wanted to add thunder strikes at different locations in the sky then you would modify the thunder sound to have a large variance around the listener in the middle of the Mix Pad. When viewing the Mix Pad you'll see sounds with variance having green circles and

speaker icons which displays where the sound is currently positioned. Mix animation allows you to create a truly unique sound experience.

Creating Playlists

New sounds or mixes can be added to the playlist by tapping "Add Media" at the bottom of the list, or by tapping the 'Add Media' button on iOS or the + button on Android and Mac. Each sound or mix is listed with the configured play duration. The duration is the amount of time the sound or mix will play before it switches to the next item in the list. The default is 10 minutes, but can be changed by clicking the details button to the right of the sound. You can rearrange your playlist manually or tap the Shuffle button to mix it up randomly.

Create Recordings

You can easily create new sound recordings on your mobile device using the microphone. From the main screen, tap the + button on the bottom toolbar. And select Create Recording.

Tap on the Record button to start recording and then tap the red Stop button when you're done. Recordings will automatically stop after 60 seconds if you do not manually stop it. The recordings will be processed by our GeniusLoop algorithm to create the perfect loop. It will then automatically playback so you can listen. Tap Next if you are happy with the sound or Reset to try again. You will then be prompted to add a photo to your sound. If you choose to add a photo, tap the image of the camera and either add a photo from your device's library or take a new photo. You can also choose Next without adding a photo and White Noise will supply a generic image for your sound. Next, add the location of your sound recording. If your gps is enabled, it will automatically locate your current position. Since location is included when you share a sound, we suggest picking a more general location over a private residence. The last step is naming the sound and providing a description of your recording.

Generate Noise

Generation of Noise, Binaural Beats, and Tones is available in the iOS/Android Pro Version and Mac Full Version of White Noise. *Note: Generator is also available in the iOS/Android Full Version as an in-app-purchase.*

Generate Color Noise

Generate custom color noises including brown, pink, white, blue, and purple. You can also generate colors in-between such as a brown-pink or pink-white noise. Customize noise further by using low and high cut filters.

Generate Binaural Beats

Generate custom binaural beats around any base frequency including Alpha, Beta, Delta, Gamma, Mu, and Theta waves. Binaural beats can help with sleep, focus, and meditation. Select Binaural Beats from 1 to 50 Hz and a Base Frequency from 20 to 1500 Hz. Binaural Beats require high quality headphones or stereo speakers. *Note: Requires version 7.1 of White Noise*

Generate Tones

Generate pure sine wave tones at frequencies from 20hz to 22,000hz. Tone generation is useful in tuning instruments, hearing tests, science experiments, and testing audio equipment. *Note: Requires version 7.1 of White Noise*

Sharing Sounds & Mixes

White Noise supports the ability to share your sound recordings and mixes. You can upload the sound or mix directly to the White Noise Market or export it to a self-contained White Noise Audio (WNA) file. Tap the share button or Info 'i' button to bring up a list of sharing actions.

Share to Market (7.0 or later required) - On mobile devices, the easiest way to share your sound or mix is by uploading directly to the White Noise Market. Once uploaded, you'll receive a unique URL that you can share with anyone and they'll immediately be able to download your sound. *Note: Anyone with the URL will be able to download and your sound or mix, if approved, may become available to others in the White Noise community. If you wish to keep your sound or mix private then use "Email Sound" or "Export Sound" instead.*

Share Photo - If you only want to share the photo of your sound or mix then use this option. It's perfect for a quick Tweet, Facebook update, or e-mail and lets others know what you're currently listening to and provides a link to download the app.

E-mail Sound - This will compose a new e-mail with a WNA file attachment. Send it to anyone who wants to listen to your recording or mix. They will be able to import directly into their White Noise apps.

Export Sound (Android only) - This creates a local WNA file in a shared folder on your Android device. You can use your favorite file manager to retrieve it.

Share to iTunes (iOS only) - This creates a local WNA file that can be retrieved using iTunes File Sharing (see instructions below).

Importing WNA Files

The easiest way to import White Noise Audio (WNA) files is by using the Market app and then accessing the import tab of the sound catalog. However, if you can receive a WNA files from another source follow these directions:

E-mail - If you have received an e-mail containing a WNA file (File with a .wna extension), you can open the attachment on your device and then directly import into the White Noise app.

Web - If you downloaded a WNA from our White Noise Market website then you can open the file from within the Browser (iOS) or from the Downloads folder

(Android/Mac). A dialog might appear asking if you want to open the file with White Noise or another application. You might also need to select the 'Open In...' option and locate the correct White Noise application. After selecting the correct White Noise app to open it will automatically import and play.

iTunes File Sharing (iOS) - Attach your iOS device to your PC or Mac with the USB cable, run iTunes, select your device and go to the Apps category. Scroll down to the File Sharing section and select the White Noise application. Once the application is selected, the box on the right should list the files that are available. Drag the WNA file into the list of files or click the 'Add...' button at the bottom of the file listing box and select the WNA file from the open dialog that appears. This process adds the WNA file to the White Noise application. You can also drag WNA files that were exported from here to your desktop. To finish the import, launch the White Noise app and open the sound catalog to the Imports tab. You should see the new sound and you can tap to import it.

File Import (Mac / Windows) - Importing with White Noise for Mac can be accomplished by double clicking on the WNA file, dragging the WNA into the application window, or using the Import WNA file from the menu.

Timers & Alarms

Access the Timers & Alarms view by tapping the timer button that looks like a clock located on the bottom toolbar or from the application menu or pressing Command + T on Mac. This screen allows you to create, edit, and delete timers. The timer system is very flexible and can be configured by duration or specific times to execute a lot of different actions:

- **Stop Sound** - Creates a timer to stop any playing sound. You can also fade out the audio before the sound stops.
- **Sound Alarm** - Creates an alarm using one of our alarm sounds, a regular sound, or a mix. Alarms prompt the user with snooze and dismiss buttons while audio slowly fades in.
- **Music Alarm** - Creates an alarm using specified music. If for some reason the music does not play it will fallback to a standard alarm. Alarms prompt the user with snooze and dismiss buttons while audio slowly fades in.
- **Play Sound** - Creates a timer to play a specified sound.
- **Play Mix** - Creates a timer to play a specified mix.
- **Play Playlist** - Creates a timer to play the playlist.
- **Exit App** - Creates a timer to quit the application from running. By doing this no other timers will execute.
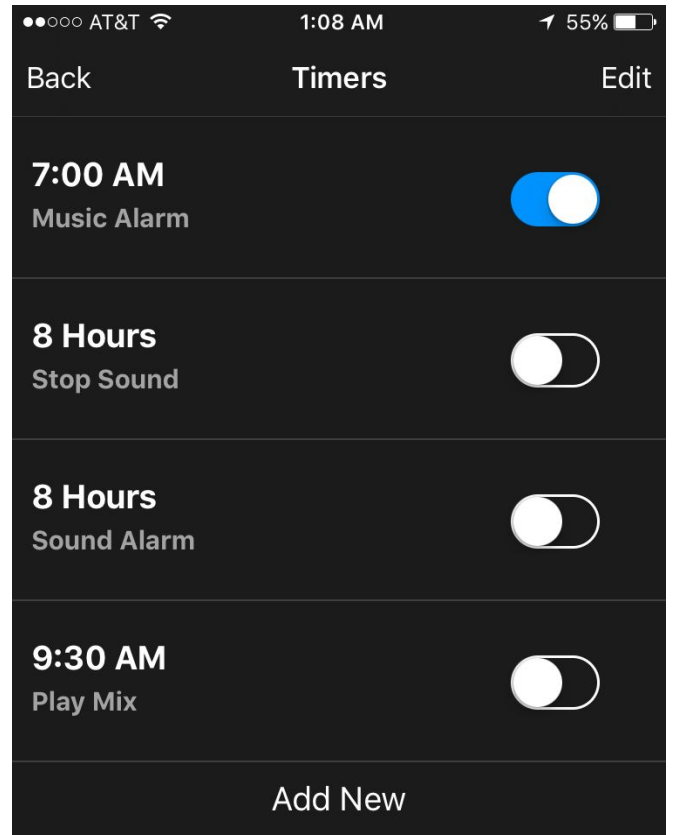
Note: Windows currently only supports a Stop Sound timer.

Create Timer

Tap Add New on iOS or click the + button on Android/Mac to create a new timer. Every timer has a specific action that will trigger including Stop Sound, Exit Application, Sound Alarm, Music Alarm, Play Sound, Play Mix, and Play Playlist. There is a Fade setting that can be set to None, 10 Secs, 30 Secs, 1 Minute, and 5

Minutes. It is important to note that, "Stop Sound" and "Exit Application" timers will fade the active sound out and the other "Play" timers will fade the new audio in. If you wanted to fade sound out, then fade an alarm in you would need to create two timers—One for stopping and fading the sound, and one to trigger the alarm itself.

Alarm Activation

Alarms will slowly fade audio in while prompting the user with snooze and dismiss buttons. If you press snooze then another temporary alarm is set at the specified time in the app settings (default is 5 minutes). Alarms play for a maximum time of 1 hour to save battery. After that time they will be automatically dismissed. It's important to keep the app running in the foreground for best results on mobile.

Alarm Volume

Alarms play at the same volume level in which the device is set. We recommend keeping the device volume loud and adjusting the Sound Volume in the settings menu to be lower. This allows you to have a higher volume for alarms in comparison to the regular playback of sounds. We also recommend enabling your device's Do Not Disturb feature when using White Noise to prevent audio interruptions.

Repeating Timers

Timers can also be configured with a repeat schedule. For duration timers, this can be set to Always or Never. For clock timers, repeat schedule can be set to run on specific days of the week.

Sleep Clock

The Sleep Clock displays a full screen digital clock that's perfect for your nightstand. It displays the current time in large font and the current date along the bottom. It also displays the next occurring Alarm along the top if a sound alarm or music alarm has been set.

Accessing Sleep Clock

On Mobile, tap the moon icon button to display the sleep clock.

On Mac, access by using Command + C key combinations or from the application menu bar.

On Windows, tap the Sleep Clock button on the bottom application command bar.

Clock Customization

Swiping left or right will change the color of the clock. The brightness can be adjusted by dragging your finger or mouse up or down. A 24-hour display can also be enabled in the application settings.

Dismissing Sleep Clock

Tap anywhere on the sleep clock to dismiss.
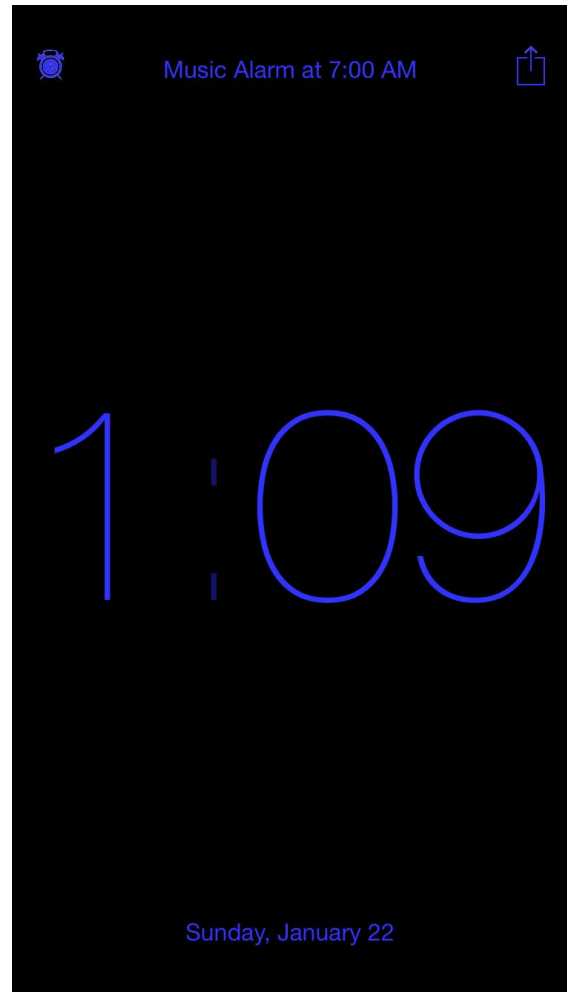
Settings

Clicking on the Settings button at the bottom of the main menu brings up a large list of options that can be configured. White Noise for Mac can access settings using the 'Preferences' option of the application menu. All settings are remembered between application launches.

Audio Settings

- **Volume** - There are two volumes to consider for the playback of sounds--Device and Sound volume. Device Volume is determined by your device's volume controls and the Volume Slider on the main screen (mobile only).   Sound Volume of white noise sounds is adjusted here in the settings menu. We recommend keeping the Device Volume loud and adjusting the Sound Volume in the settings menu to be lower. This allows you to have a higher volume for alarms.
- **Balance** - Adjusts the audio balance of all sounds and mixes.
- **Pitch** - Adjusts audio pitch of all sounds and mixes.
- **Background Audio** (Full / Pro only) - Enable to continue playing the audio in the background while using other apps. This is not available in the free mobile versions.
- **Mix with Music** (iOS only)- Turning "ON" will mix White Noise audio with iPod music.
- **Auto Play on Launch** - This will start sound playback as soon as the app is launched.
- **Loop Playlist** – This setting controls if the Playlist will loop to the beginning or stop playing when it reaches the end.
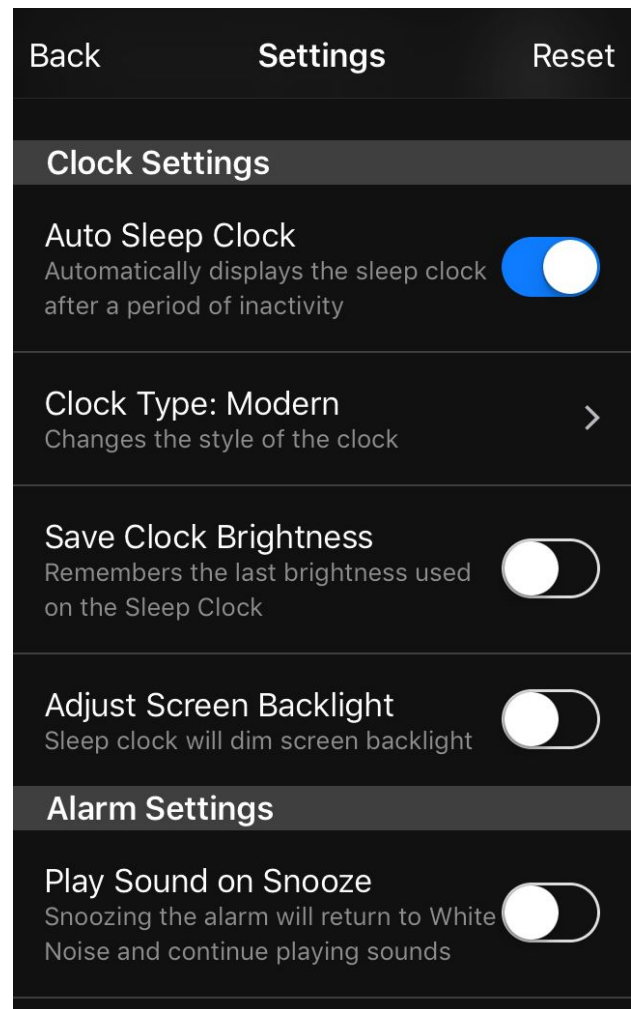
General Settings

- **24-Hour Time** - Enables the various clocks used in the application to use 24-Hour time versus 12-Hour time.
- **Allow Screen Lock** - Allows for the device screen to timeout and go dark after a certain time has passed. Note: The digital sleep clock automatically disables screen lock while in use.
- **Portrait Orientation Lock** - Enabling prevents rotation to landscape orientations.
- **Prevent Interruptions** (Android only) - Sets the ringer or notification volumes to silent while White Noise is running to prevent audio playback interruptions. Note: iOS devices should use the Do Not Disturb feature to achieve similar results.
- **Ignore Audio Route Changes** (iOS only) - Audio route changes can sometimes stop audio playback. For example, pulling out the headphones from your device. If you prefer you can ignore this behavior. If you notice audio sometimes stops then you may want to enable this setting.

Clock Settings

- **Auto Sleep Clock** - When enabled, the app will automatically switch to the Sleep Clock screen after some time.
- **Clock Type** - Choose between a traditional digital clock format or sleek modern format.
- **Save Clock Brightness** - This settings allows you to save the Clock Brightness setting you last used. Clock brightness is configured by dragging up and down on the sleep clock. If you do not enable this setting then it will default back to full brightness when sleep clock is presented again.
- **Prevent Clock Burn-in** (Android only) - Older android devices may want to enable this feature to keep the clock moving around the screen.
- **Adjust Screen Backlight** (iOS only) - On iOS it will actually dim the backlight of the device rather than the clock itself. This allows you to really make the device screen darker but some older devices can experience odd results which is why it is defaulted off.

Alarm Settings

- **Play Sound on Snooze** - This setting returns to playing the sound again after an alarm and snooze is chosen.
- **Alarm Snooze Time** - This sets the amount of time an alarm will snooze before it triggers again. You may set snooze time to 5-30 minutes. The default is 5 minutes.

Other Settings

- **Disable Help Tips** - Disables the help tips from displaying after upgrading to a new version.
- **Disable Remote Controls** - This disables remote media control from outside the White Noise app including the lock screen, Control Center (iOS), notification area (Android), and supported headsets. Note: On Android, this does not affect the widget if it's being used.
- **Disable Market Prompt** (Full / Pro only) - This prevents an occasional postcard from appearing in the White Noise app informing you of a new featured sound available in the White Noise Market app.
- **Disable Rating Prompt** (Full / Pro only) - The App Store clears all ratings and reviews with each update we provide, therefor to remain relevant, we rely on your ratings and reviews. We do understand this can become bothersome at times though if you aren't interested in providing us with a rating. This setting allows you to disable the prompt from ever appearing.

Advanced Settings

- **Battery Saver** - This utilizes more storage on the device during audio playback to save battery life. If you are low on storage then you shouldn't use this option. The extra storage will be freed once audio stops.
- **Multithreaded Playback** - Devices that have multi-core CPUs can benefit by offloading audio playing on another thread. Keeping the setting at Automatic will have the app decide for you. *Note: Android devices may not benefit from multithreaded playback, so if you hear skipping then this setting should be disabled.*
- **Buffer Size** (Android only) - Set the internal audio buffers to small, medium, large, extra large, or maximum. If you notice audio skips it's best to try all of these settings to find one that works best. Going with the largest buffer doesn't always improve performance and can even degrade it so you'll have to experiment to find the setting that works best for your specific device.

Contacting Support

Scroll to the bottom of the Settings view to contact support. We welcome any and all feedback. Just tap the "Send Feedback" button and it'll will generate an email to us and include details such as the app version and the device you are using. In the Mac version, go to the Help menu and select "Send Feedback".

If you are experiencing technical issues with the app, please use the "Report Problem" button which attaches a log file to the e-mail. This will greatly helps us troubleshoot your issue.

Back	Settings	Reset
	Rate App	
	More Apps	
	Send Feedback	
	Report Problem	

If you'd prefer to just give us a quick rating and review, you can do this easily by tapping the "Rate App" button. Tap "More Apps" if you want to see our entire catalog of applications.

Thanks for using White Noise by TMSOFT!