

# White Noise Help Guide for iPhone, iPad, and Mac

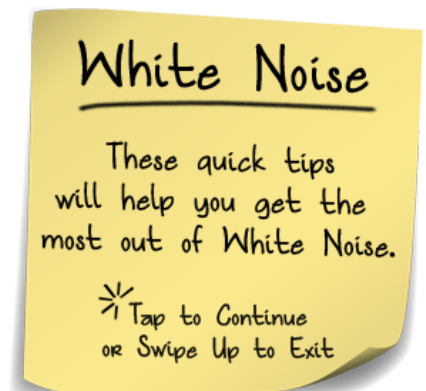
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Created by TMSOFT - [www.tmssoft.com](http://www.tmssoft.com) - 12/08/2011

White Noise allows you to create the perfect ambient sound environment for relaxation or sleep. This guide will take you through the key features for the iPhone, iPad, and Mac versions. All versions have the same features unless specified otherwise. All versions include the same great sounds and artwork. The iPad and Mac versions offer improved creation and visualization support of sound mixes using the revolutionary Mix Pad.

## White Noise Tips (iPhone only)

When you first launch White Noise for iPhone you will receive a series of useful tips. You can swipe left or right to go forwards or backwards through the tips. Dismiss the tips by swiping upwards. You can return to the tips at any time from the main screen by swiping downwards. Anytime an upgrade occurs the tips will display again. This can be disabled in the settings.



## Main Interface

**White Noise for iPhone** - The main interface includes Category and Timer buttons on the top toolbar with sound status information directly below it.



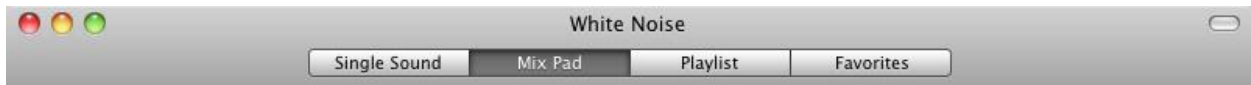
Along the bottom you will find a toolbar allowing you to navigate into the Sound Catalog, App Settings, Sleep Digital Clock, and Web Information.



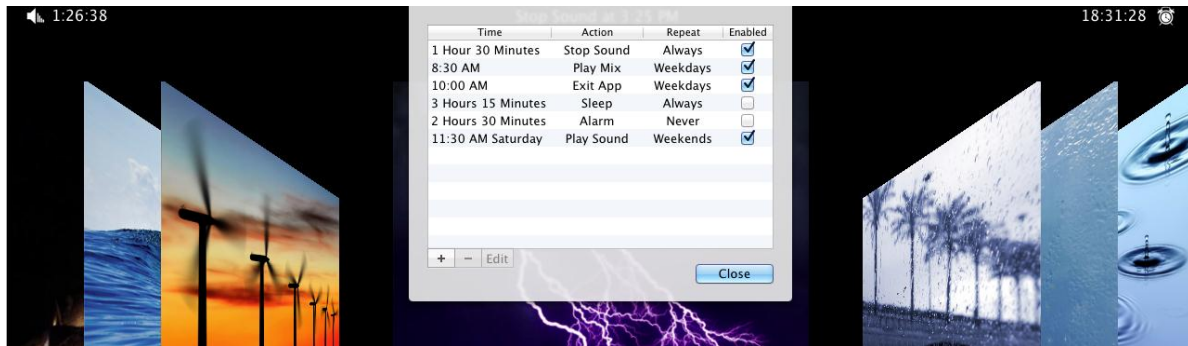
**White Noise Pro for iPad** - All of the functions can be accessed on the main toolbar at the top of the screen. From left to right, the buttons are as follows: Catalog (if the interface is in portrait mode) and the Category selection segment control. Located on the right side of the toolbar are buttons for Settings, Timers, Sleep, and Web Information.



**White Noise for Mac** - The category buttons are spread across the top toolbar.

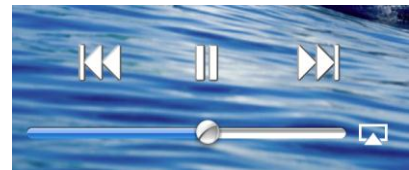


Timers can be accessed from the application menu or by using Command + T. The sleep clock can be accessed by using Command + S key combinations or from the application menu bar.



## Media Controls

The main screen of White Noise allows you to quickly switch between different sounds using the on-screen media controls near the bottom of the screen. Tapping the Next or Previous media control will navigate through the catalog of sounds. You can also swipe left or right on the photo to navigate through the sounds. Sound playback can be toggled and the current device volume can be adjusted. The volume control will also allow you to configure AirPlay if there are supported devices on your network (iOS versions only). The volume bar on the Mac version adjusts the application volume rather than the device volume.



**NOTE:** In previous versions of White Noise on iOS, the slider was the sound or application volume and not the device volume. The sound volume has been moved into the Settings view.

With the iOS versions, the current sound can also be controlled using the integrated iPod controls from the multi-task panel or headphones with remote controls. (Requires iPod Control Integration to be enabled in App Settings).

## Sound Category

**White Noise for iPhone** - The Sound Category can be selected using the button on the top left of the screen on. The icon of the category button changes to represent which category you are currently navigating—Sounds, Mixes, Playlist, and Favorites. Tapping the button will bring up a popup window (shown below) allowing you to choose which category you want to listen and navigate through.

White Noise Pro and White Noise Mac - The category can be selected from the toolbar at the top of the main interface or main window. The recessed (or darkened) button represents the active category.



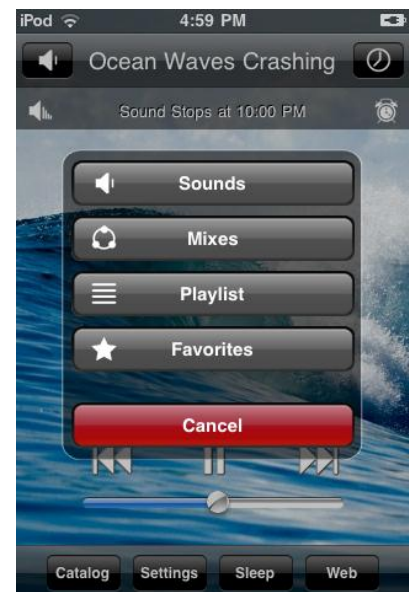
Below are the Sound Categories and description of each:

**Sounds** - This category contains all the individual sounds for White Noise. It is also the default category.

**Mixes** (Mix Pad on Mac and iPad) - This allows navigation of all the default and custom mixes you have created. New mixes are created using the Catalog or from the Mix Pad on applications that feature it.

**Playlist** - This enables the playlist mode, which plays sounds and mixes each with a specified duration of time. The playlist will stop playing once it reaches the end of the list. It also fades the volume between sounds. The playlist can also be edited in the Catalog or from the Main Screen on iPad and Mac.

**Favorites** - This will load all of your favorite sounds and mixes that were starred in the Catalog.



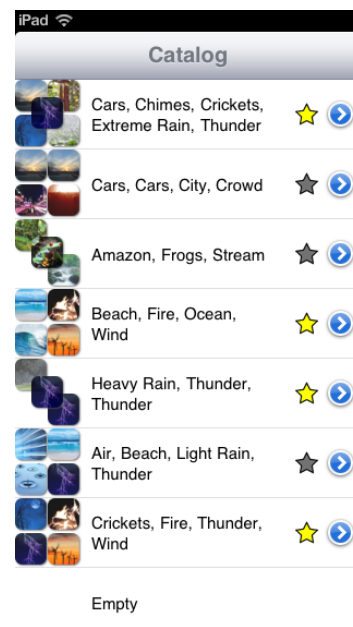
## Sound Catalog

**White Noise iPhone** - The catalog provides a list of all sounds contained in each of the categories. At the bottom of this screen, you can select the current category you wish to view or edit.



While on any list, clicking the “Edit” button in the top right corner allows you to rearrange the order of items. While on the mixes and playlist views, the edit button also allows you to remove an item from the list. The Sounds and Mixes view also have a star button, which allows you to toggle the items as favorites. Any items that have the yellow star enabled will appear in the Favorites category.

**White Noise for Mac and White Noise Pro for iPad** – The catalog is located on the left side of the screen. The catalog is automatically updated depending on which category you have selected. Depending on the category and sound or mix, different options will be available. You may select the arrow buttons next to each sound to see what options are available. On Mac, you can toggle visibility of the catalog by using the Command + S key combination. On iPad, the catalog may not be visible if the iPad is in the portrait position. In this case, a ‘Catalog’ button appears in the top toolbar.



## Mixes *(Mix Pad on Mac and iPad)*

Mixes allow you to take multiple sounds and combine them together in unique ways. A description of each property you can modify in a mix is listed below:

**Volume** – The overall volume of the sound. Sound position also can affect the volume of sound.

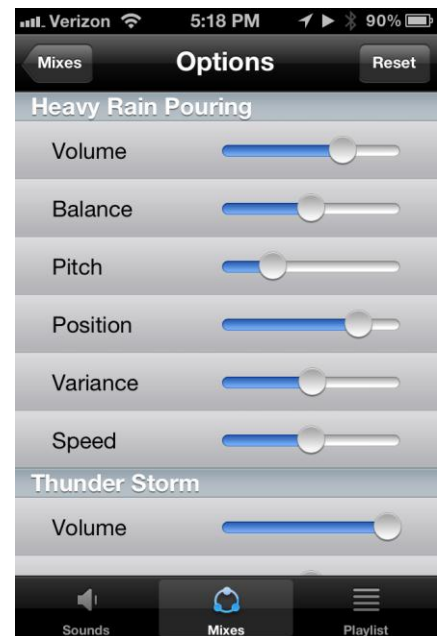
**Balance** – The position of the sound left to right. For Mac and iPad that is changed by modifying the position of the sound icon.

**Pitch** – The pitch of the sound which can do things like slow crashing waves or speed up the wind.

**Position** – This modifies the sound to be either in front or behind the listener. For Mac and iPad that is changed by modifying the position of the sound icon.

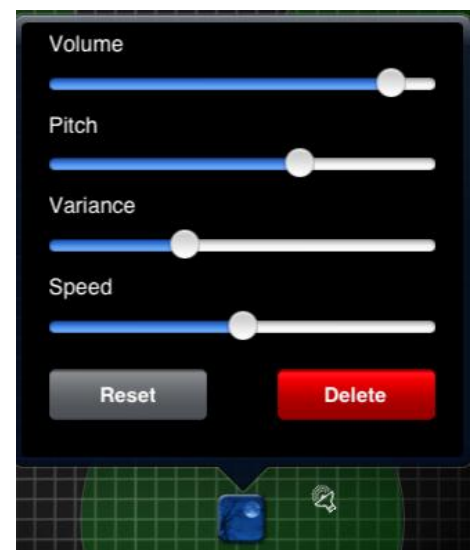
**Variance** – This modifies the radius that the sound will move in which causes it to change over time. If you wanted thunder to move across the sky then specify a large variance. If you want the camp fire to stay in one place set it to no variance (far left). On the iPad and Mac versions this is represented by the size of the green circle.

**Speed** – The speed the sound 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.



**White Noise for iPhone** - Create new mixes by clicking “Add Mix” at the bottom of the list. You can select up to 5 sounds to include in a mix. Once you have selected and saved your sounds you will notice the details arrow icon next to mix allows you to customize each of the individual sounds (see Options screenshot). Audio properties include Volume, Balance, Pitch, Position, Variance, and Speed, which enable you to create a truly unique sound experience. As you adjust the controls the sound is modified in real-time. Tap Reset to return all settings back to the defaults of max volume, center balance, normal pitch, middle position, no variance, and normal speed. Navigating back to Mixes will save the current sound settings.

**White Noise for Mac and White Noise Pro for iPad** – 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. Once sounds are added, they can be moved around on the mix pad to adjust the position of the sound. Tapping or clicking on the sound on the Mix



Pad will bring up a pop up allowing you to adjust the volume, pitch, variance, and speed for that sound. Alternatively, on White Noise Pro, the Mix Pad is multi-touch enabled allowing you to adjust the variance of sound changes using the pinch gesture. Sounds on the mix pad animate, meaning the sound's position will move around within their green circle as the mix plays, creating a dynamic environment.

## Playlists

Add new sounds or mixes to the playlist by tapping “Add Media” at the bottom of the list, or by tapping the ‘Add’ button represented by a + with a circle on iPad 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 arrow button to the right of the sound.

## Timers & Alarms

Access the Timers view by tapping the timer button located at the top right of the screen or from the application menu on Mac. This screen allows you to create multiple sound shutoff timers and alarms, and edit and delete existing timers.

Tap Add Timer (or click the + button on mac) at the bottom of the list to create a new timer. Every timer has a specific event that will trigger including Stop Sound, Exit Application, Play Alarm, Play Sound, Play Mix, and Play Music (from iPod, iOS versions only). 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. The “Play Alarm”, “Play Mix”, and “Play Music” 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. Playing sounds, mixes, or music in this way is treated as an alarm. Alarms currently have a maximum run time of 1 hour. After 1 hour the alarms will automatically shut off to save battery.

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.



## Settings

Clicking on the settings button from the main screen while using an iOS version of White Noise brings up the view of various application settings. With White Noise Mac, settings can be accessed from the 'Preferences' option of the application menu. All settings are remembered between application launches.

At the top, you can adjust the global sound volume, balance, and pitch (iOS only). The sound volume is always a fraction of the current device volume that is adjustable from the main screen. If using alarms you may find that you want the alarm to be much louder than the sound. This can be accomplished by leaving the device volume loud and reducing the sound volume with this control.

**Enable 3D Sound** (*Mac only*) – Enables 3D positioning of audio.

**Auto Sleep** (*iOS only*) - Turning "ON" will bring up the Sleep View after 2 minutes of the application being idled.

**Auto Tweet on Sleep** (*iOS only*) – If enabled, will automatically send a tweet including the Sound or Mix playing at the time the sleep view activates. Only one tweet every hour can be sent from the sleep view.

**Screen Lock** (*iOS only*) - Turning "ON" will enable the iOS idle timer that locks the device after a certain amount of time. As of iOS 5, Background Audio must be enabled to play audio while the screen is locked.

**Mix with Music** (*iOS only*)- Turning "ON" will mix White Noise audio with iPod music.

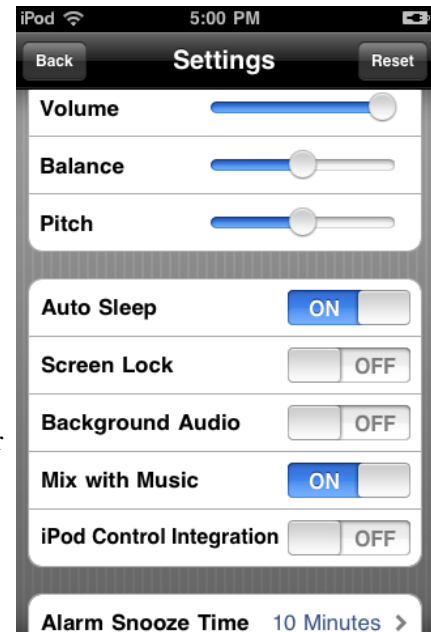
**iPod Control Integration** (*iOS only*) - When enabled, this will allow you to use the iPod play / pause, next, and previous controls on the multitask and lock screens. It also enables use of headphones with remote controls.

**Loop Playlist** – This setting controls if the Playlist will loop to the beginning or stop playing when it reaches the end.

**Alarm Snooze Time** - This sets the amount of time an alarm will snooze before it triggers again. You may set it to 5 minutes, 10 minutes, 15 minutes, 20 minutes, 25 minutes, or 30 minutes. The default is 5 minutes.

**Disable Help** (*White Noise iPhone only*) - Turning this on will prevent the help pop ups from appearing when swiping down. They will still appear on the first run of the application.

**Use 24-Hour Time** (*Mac only*) - Enables the various clocks used in the application to use 24-Hour time versus 12-Hour time. This setting is automatic in the iOS versions depending on your device settings.

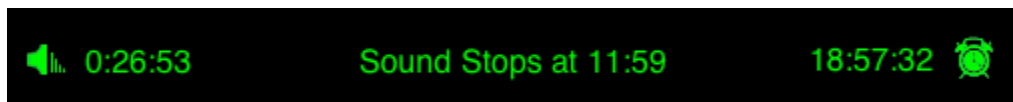


## Sleep Digital Clock

The sleep view displays a full screen digital clock. It will also display playlist or timer event information at the top of the screen. Swiping left or right can customize the color of the clock. The brightness can be adjusted by dragging your finger or mouse up or down. On iOS versions the sleep view will display the clock in the time format your device has been configured to including 12 or 24-hour time. . It also rotates to support any device orientation. On Mac, the preferred time format can be set from the preferences window. Tap or click to dismiss the clock view.



The timer status panel lets you quickly see a summary of your active timers. From the above display the sound will turn off in 26 minutes and 53 seconds. The sound is also noted as stopping at 11:59. Afterwards an alarm will go off in 18 hours, 57 minutes, and 32 seconds. For detailed information just go back into the Timer popup.



## Exporting Sounds and Mixes

As of v5.0, various White Noise products support the ability to import and export sounds and mixes. Sounds and mixes can be exported to archive files that can be used for back up purposes or shared with others. To create a White Noise Archive file from a sound or mix, open the catalog from the main screen and locate the sound or mix you wish to create an archive for. Locate and press the arrow button next to the sound that you have selected. A dialog will appear with the available actions. 'Email' can be selected to automatically create a backup and begin an e-mail containing the file ready to send. 'Backup' creates a local file that can be accessed via iTunes File Sharing.

## Importing Sounds and Mixes

In addition to exporting, you may also import sounds or mixes from a White Noise Archive file that you have previously created or received from someone else. There are two ways to import the archive file:

**1. E-mail (iOS and Mac)** - If you have received an e-mail containing a White Noise Archive file (contains a .wna extension), you can simply open the e-mail using the Mail application on your device and click on the file that is attached in the e-mail. A dialog will appear asking if you want to open the file with White Noise or another application. You may need to select the 'Open In...' option and locate the correct White Noise application if you have multiple White Noise products installed. At this point, your device should launch the White Noise application you have selected and automatically import and play the sound or mix.

**2. iTunes File Sharing (iOS)** - From within iTunes, select your device and go to the Apps category. Scroll down to the File Sharing section and select the White Noise application that you wish to add the archive to. Once the application is selected, the box on the right should list the files that are available. Next, either locate the White Noise Archive file on your computer and drag the file to the file listing box or click the 'Add...' button at the bottom of the file listing box and select the archive file from the open dialog that appears. This process adds the White Noise Archive file to the White Noise application that you have selected.

Next, on your device, launch the White Noise application that the archive file was added to. The application should automatically open the catalog and show you a listing of archives that were found. If it does not, you can manually open the catalog by selecting the 'Catalog' button on the main screen followed by selecting the 'Import' tab. From here, select the archives that you wish to import. If the sound or mix was successfully added to White Noise, the sound or mix should now be available in the appropriate category.

**3. Importing Files (Mac only)** - Importing with White Noise for Mac can be accomplished by clicking on the WNA file just as you would any other file or application. White Noise will ask if you would like to import the sound or mix. Selecting 'Import' will add the sound or mix and begin playing it immediately.

Note: Only full versions of White Noise supports importing and exporting of files.

## Creating New Sounds

There are a few ways you can create and add sounds into White Noise for iPhone, iPad, and Mac. Our [White Noise Recorder](#) for iPhone/iPad can record, loop sounds, and share sounds. [White Noise Generator](#) for iPhone can create custom noise based on color, low and high pass filters properties. Our free White Noise Creator product for Mac allows you to package up sound files and a photograph for sharing. Please visit our website for more information on these products.

## Web Info

You can share White Noise by sending friends and family an e-mail from this view. You can also send us feedback and review the application. We will list any important news about White Noise here and also show other TMSOFT apps you might enjoy.

## Support

Please visit our support forums at the following address:

<http://www.tmssoft.com/forum/>