White Noise & Better Sleep Quick-Start Guide

A free bonus from ZoxDeal — 10 steps to fall asleep faster with any white noise machine.

1. Pick one constant sound

White, pink, or brown noise works for most sleepers. Pick one sound and stay with it for a week so your brain builds the habit.

2. Keep the volume low

Set the volume just below your normal talking voice — around 50 decibels. Louder is not better, and it can hurt your hearing over time.

3. Put it across the room

Place the machine at least one meter from your pillow. Distance makes the sound smooth instead of harsh.

4. Run it all night

White noise masks sudden sounds — doors, traffic, snoring. Let it run until morning, not just until you fall asleep.

5. Skip the playlist shuffle

Changing sounds every night breaks the sleep cue. One sound, every night, becomes your falling-asleep signal.

6. Dim the display

Bright screens hurt sleep. If your machine has a pixel display, dim it or face it away from your eyes at night.

7. Give it 5 nights

Most sleepers feel the difference in under a week. If nothing changes after two weeks, try a deeper sound like brown noise.

8. Travel with it

A portable machine keeps your sleep cue in hotels and guest rooms. The same sound, anywhere, tells your brain it is bedtime.

9. Combine with a wind-down routine

White noise is not magic on its own. Pair it with 20 screen-free minutes and a dark room for the best results.

10. Protect your mornings too

Turn the machine off when you wake up. Silence in the morning keeps the sound linked only to sleep.

Prepared by ZoxDeal for readers of the Divoom T-tiivoo-2 review. Free to share, not for resale.