Features

- 18 high quality looped nature sounds, machine and computer-generated noises
- Self-adjusted volume
- 6 adaptive presets (City sleep, City concentration, Country sleep, Country concentration, Baby/Toddler sleep-aid) and Self adjustment settings plus adjustable sensibility on main screen
- AdapSound runs in the background even when your screen is locked. The app monitors the changes in background noise you need to allow the use of microphone on first run. We also recommend using a charger while running the app to avoid depletion of battery.
- 18 beautiful retina (where available) photos even in locked screen

We have developed this app mainly to allow deeper, more relaxed sleep but it can also be used while studying, or for any other tasks that require concentration as these sounds enable better focus than compared to stay listening to music.

Compatible devices

iPhone 5  
iPhone 5c  
iPhone 5s  
iPhone 6  
iPhone 6S  
iPhone SE  
iPhone 7  
iPhone 7 Plus

iPad 2  
iPad 3  
iPad 4  
iPad mini  
iPad mini 2  
iPad mini 3  
iPad mini 4  
iPad Air  
iPad Air 2  
iPad Pro (9.7&12.9’)

Minimum iOS version: 8.0
Main screen

- Settings menu
- Volume
- Sensibility
- Sounds
- Secondary sounds
- Calibrate
- Mic level
- Sleep timer
- Play / pause button
- Adaptive function ON/OFF button
Settings menu

The Settings menu is comprised of the following items:

**Timer**
Use this feature to set the Sleeper time; that is the amount of time after which you want the application to shut off (options range from 1 minute to 24 hours).

**Adaptive Settings**
Use this setting to modify the preset for the adaptive function and create your own custom settings.

**FAQ**
Frequently Asked Questions

**Rate AdapSound**
We are also annoyed by apps that constantly pester you for app rating in a pop-up window so AdapSound will not do this. Should you, however, have positive feedback to give us, we will appreciate any and all such in the AppStore. In the event that you experience technical issues, problems or have questions, please use support@adapsound.com and we will get back to you.

**About**
Short information about the developers.
Adaptive Settings

The Adaptive Settings menu is comprised of the following items:

**Presets**
You can use predefined settings or create custom settings (City sleep, City concentration, Country sleep, Country concentration, Baby/Toddler sleep, Custom/Self-adjustment).

**Fade in/out**
The amount of time that the sound increases/decreases in volume level.

**Louder period**
The amount of time that the volume level should be increased compared to the normal volume.

**Adaptive volume power**
The steps by which volume should be increased.

**Max. adaptive power**
The maximum volume level compared to the normal volume.

**Secondary volume**
If you have selected a noise (except white, brown or pink noise) you have the option to set a secondary volume to allow increased suppression of external sounds. This option allows you to set the level of this secondary volume.
Main screen

Volume
This slide allows you to control the volume. We recommend that at first you select the lowest level that suppresses external noises.

Sensibility
This option allows you to set the sensitivity of the app to external noises. The median setting (50%) usually works well. If the volume increases for noises that are not distracting or on its own, decrease this value. If the volume of the app does not increase despite there being distracting noises, increase this value.

Sounds
This option allows you to select the sound that you want to hear. You can select from the following options:

<table>
<thead>
<tr>
<th>White noise</th>
<th>Night rain</th>
<th>Fireplace</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown noise</td>
<td>Pacific Ocean</td>
<td>Himalayan stream</td>
</tr>
<tr>
<td>Pink noise</td>
<td>Southern Ocean</td>
<td>Air conditioner</td>
</tr>
<tr>
<td>Rain</td>
<td>Stream Ocean</td>
<td>City ambience</td>
</tr>
<tr>
<td>Light rain</td>
<td>Waterfall</td>
<td>Underground train</td>
</tr>
<tr>
<td>Heavy rain</td>
<td>Wind in the trees</td>
<td>Chord – Angelic pad</td>
</tr>
</tbody>
</table>

The adaptive function works best with homogenous sounds where there is little or no change in volume (ex.: White noise, Brown noise, Pink noise, Underground train, etc.). If the adaptive function does not work properly for sounds where there is a larger change in volume (ex.: Pacific Ocean, Southern Ocean, etc.) decrease the volume and/or the sensibility, choose White, Brown or Pink noise.
Secondary sounds
If the primary sound is not White noise, Brown noise or Pink noise, you have the opportunity to select a secondary sound to allow better suppression of external noises. This option allows you to select from White noise, Brown noise or Pink noise as a secondary sound that suppresses the primary sound. If the adaptive function does not work properly for sounds where there is a larger change in volume (Pacific Ocean, Southern Ocean, etc.) decrease the volume and/or the sensibility, choose White, Brown or Pink noise.

Start/pause
This function allows you to stop and start the selected sound.

Adaptive
This option allows you to turn the adaptive function off and on.
When using the app for the first time, you will need to calibrate your phone or tablet to the normal external sounds. You can do so with the Calibrate button. To do so, first place the phone to where you will be using this app the most, and remain silent during the calibration process. Press “Calibrate” to initiate the calibration process. The app will then emit white noise at two different volumes and store the base noise level of our environment. When the adaptive function in the app is enabled, the application will monitor the change in noise level in our environment compared to the stored level and if it detects increased noise will adjust the volume of the selected sound to suppress and mask it.

If the level of the normal environment noise changes significantly, but the adaptive function does not work even following the adjustment of the sensibility, please recalibrate the app.
If AdapSound is running, you can simply stop, restart, change volume while your screen is locked.
What is white noise?
White noise is a special type of sound signal that is produced by combining sounds of all different frequencies together. If you took all of the possible tones that a human can hear and combined them together, you would have white noise. Because white noise contains all frequencies, it is frequently used to mask other sounds.

I purchased this app to my iPhone can I use it on my iPad too?
Yes, AdapSound is a “universal app” meaning it works on both iPhone and iPad and you only have to pay once.
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