Audio References:

170084 (2017) *Swallowing and gulping* Available at: <https://freesound.org/people/170084/sounds/408205/> (Downloaded: 31 March 2019)

180156 (2018) *Sigh (female voice)* Available at: <https://freesound.org/people/180156/sounds/445512/> (Downloaded: 25 April 2019)

Adam\_N (2012) *Door\_slam\_2* Available at: <https://freesound.org/people/Adam_N/sounds/164663/> (Downloaded: 9 May 2019)

Adam\_N (2015) *Body fall 1* Available at: <https://freesound.org/people/Adam_N/sounds/325270/> (Downloaded: 25 April 2019)

boziav (2009) *female breathing* Available at: <https://freesound.org/people/boziav/sounds/73145/> (Downloaded: 25 April 2019)

MisbeDAVE (2017) *Underwater Impact* Available at: <https://freesound.org/people/MisbeDAVE/sounds/400793/> (Downloaded: 31 March 2019)

Rosevere, L. (2019) *Cloudloop* Available at: <http://freemusicarchive.org/music/Lee_Rosevere/Music_For_Podcasts_6/Lee_Rosevere_-_Music_For_Podcasts_6_-_06_Cloudloop> (Downloaded: 31 March 2019)

THPSounds (2017) *City Ambience Exterior Cars Passing By [unedited]* Available at: <https://freesound.org/people/THPSounds/sounds/387313/> (Downloaded: 31 March 2019)