There are a number of ways to hide information in audio, like spectrograms, morse code and DTMF tones.

In this challenge you may have stumbled across the morse code, this was a red herring meant to distract you.

The solution to this involves finding tools that can embed/extract data into/from .wav files specifically. One of the most popular and well known of these tools is steghide.

You can use the command `steghide extract -sf hidden_waveforms.wav` to extract the data from the files.

You are then given a list of numbers. This is a decimal encoding that is quite easy to decode using CyberChef or a script.

You are then given a bunch of characters that don't look like much, however, this is the next step. You can use the internet, dcode.fr, ChatGPT, prior knowledge, etc. to figure out that this is the esoteric programming language known as Brainf*ck.

You can then go to any of the compilers or decoders to translate the characters into the flag.