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| --- | --- |
| Needs | Solutions |
| Someone sleeping restlessly | Record audio  Lauren Stokes  Someone sleeping restlessly  January 2022 |
| Alarm | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/C2rvRKJeYb/>  Alarm Clock |
| Turning off alarm | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/NpAWsAbfWt/>  Alarm Clock Set |
| Footsteps | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/Ppqlwz4E5u/>  Footsteps Balcony |
| Making coffee (fade out) | Record audio  Lauren Stokes  Making Coffee  January 2022 |
| Sip of coffee | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/A3BhCBWfPw/>  Sip Water or Coffee |
| Put mug down | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/XMsIZn5cNv/>  Coffee cup set down |
| Footsteps | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/Ppqlwz4E5u/>  Footsteps Balcony |
| Sit in desk chair | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/TS45jhIyZ5/>  Wood Chair sit down |
| Turn on lamp | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/XGqkbYq2pI/>  Desk Lamp Switch 3 |
| Flipping through textbook pages | Record audio  Lauren Stokes  Flipping through textbook pages  January 2022 |
| Taking quick notes | Record audio  Lauren Stokes  Taking quick notes  January 2022 |
| Backpack zipper open | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/wdl5Oo4MqK/>  Bag Zips Open 2 |
| Packing backpack | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/Qf0ZN3vsaw/>  Briefcase Bag 2 |
| Backpack zipper close | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/AQWSFBWie9/>  Zipper Close Large |
| Footsteps | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/Ppqlwz4E5u/>  Footsteps balcony |
| Door open | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/bloK41SecR/>  Door Open 2 |
| Lock dock | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/clwfgyme3f/>  Lock Unlock Door |
| Walk to class | Stock audio  Envato Elements Item  FxProSound <https://elements.envato.com/walking-along-busy-street-QXMZP2F>  Walking Along Busy Street |
| Walk up stairs | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/7aaOhKUzMq/>  Stairs Up Fast |
| Open doors | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/UCTUWeIQT9/>  Door Open Hotel 1 |
| Students move | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/6kJ2X7Ds0A/>  Human Crowd Move |
| Sit down in desk chair | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/s1m7tZNxdp/>  Chair Sit Down Desk |
| Chalkboard writing | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/A6XlYRZ6E4/>  Chalkboard Write 2 |
| Deep breathe | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/jLuW3mBo1N/>  Human Breathe In 2 |
| Flip exam paper | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/NuXZcmEarU/>  Paper Movement 5 |
| Start writing | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  <https://www.epidemicsound.com/track/q5jRFE9dCq/>  Paper Write 11 |
| Concentration song starts playing | Stock audio  [Epidemic Sound License](https://www.epidemicsound.com/blog/avoid-copyright-claims-music-epidemic-sound-2)  Peter Sanberg  <https://www.epidemicsound.com/track/MfPtnBghLe/>  Dismantle |