

## Always Have Background Sound

- Always have background sound, no matter what you're doing.
- Play a podcast, YouTube videos, or music.
- Alternate between left and right earbuds to give your ears a rest.
- Focus or distraction isn't determined by whether you have background sound. There are times when there's no sound, but you still find yourself distracted.
- Try having background sound consistently for a few months.
- For language learning, it can be especially helpful.
- It's like being in a classroom—while you focus on the board, there are background sounds from the teacher. The effectiveness of your learning depends on your engagement.