1. Tv audio <https://youtu.be/EaO6Ktir67g>
2. Knock on the door <https://youtu.be/Bat1i30ZmBI?t=49>
3. Door open and close <https://youtu.be/Nfg1LS5b5x8ttps://youtu.be/Nfg1LS5b5x8> (I think the last one sounds good)
4. Heartbeat <https://youtu.be/fLXLo3rEdrE> (slow to gradual increase) Note: the 3rd one - 70bpm is closer to a kid’s heartbeat.
5. Heavy breathing - <https://youtu.be/jOUp2ODyfns?t=158>

Slow breathing - <https://youtu.be/jOUp2ODyfns?t=62>

Controlled breathing - <https://youtu.be/jOUp2ODyfns?t=98>

1. Kid voice reaction - <https://youtu.be/Bat1i30ZmBI?t=115>
2. Wood creak monster
3. Child footsteps
4. Horror ambient sound 1 - <https://youtu.be/e3fqE01YYWs>
5. Random Horror ambient sound 2 - <https://youtu.be/blLJk3PqHl4>
6. Horror ambient sounds 3 - <https://youtu.be/4d9H_1ygEv8>