

How are you feeling?

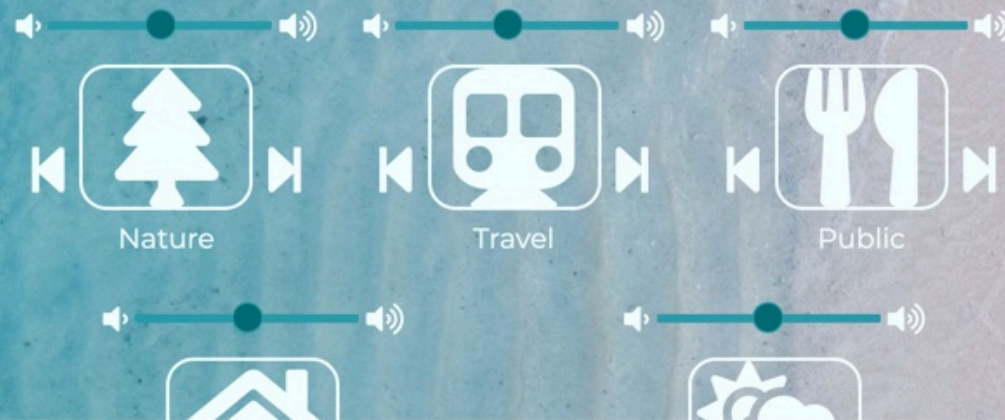
[HOME](#)[HOW TO USE](#)

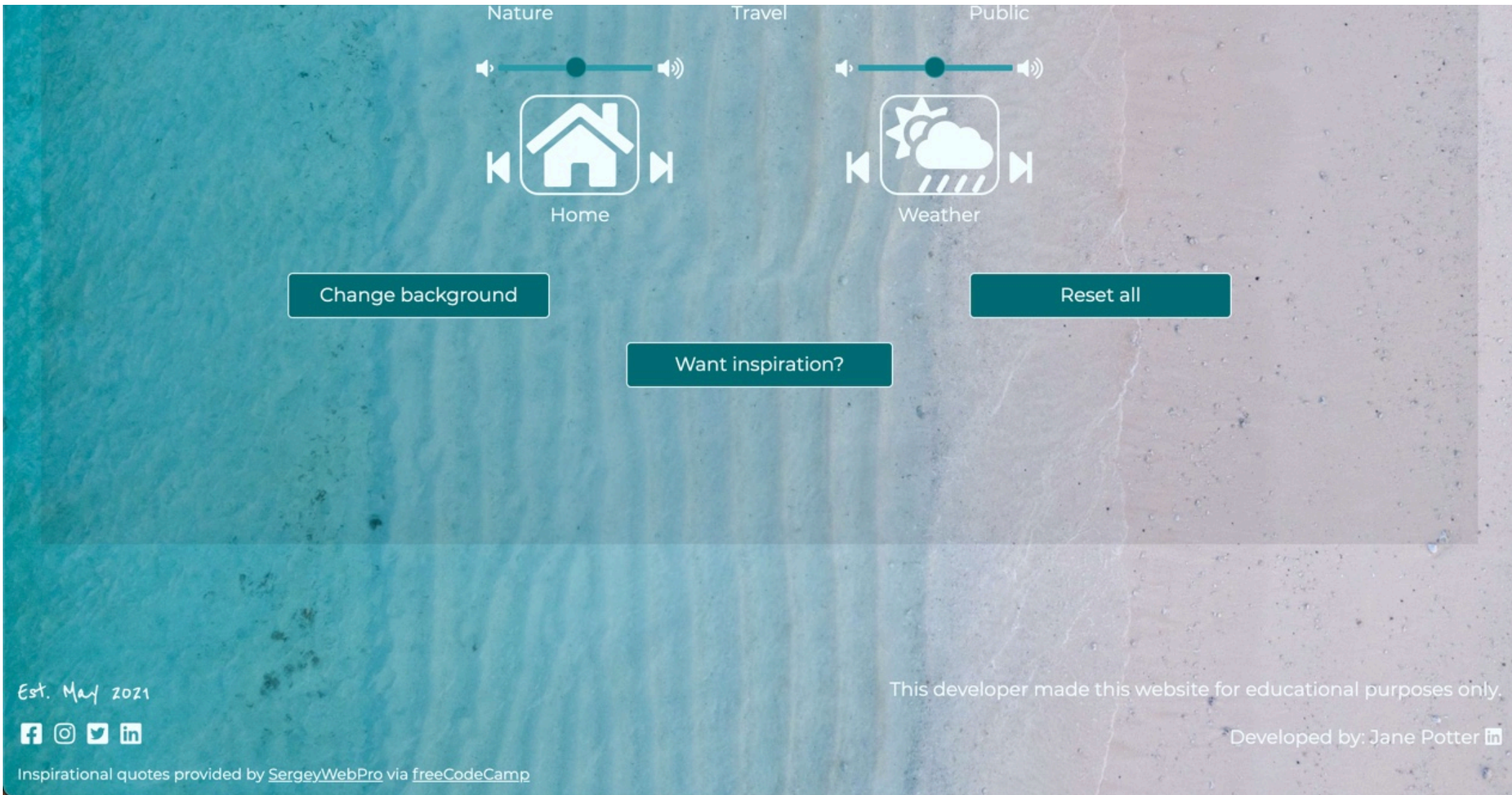
Peace of Mind

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What sound(s) do you choose today?

Click and choose one or more sounds and adjust volume





[HOME](#)[HOW TO USE](#)

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[ABOUT](#)[CONTACT](#)

How to use Peace of Mind

1. Choose a minimum of one sound type, such as Nature and Home
2. Adjust the volume for each sound type with the volume slider
3. Select a sound clip that suits your needs from each sound type with the left and right arrows
4. To set the right mood even further, select a



4. To set the right mood even further, select a background video, image or colour with the "Change background" button. *(Button not applicable on all mobile devices.)*

Change
background

5. While you are listening to the soothing audio and/or watching the beautiful backgrounds, you can also get yourself inspired by reading quotes with the "Want inspiration?" button

Want inspiration?

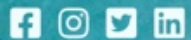
6. If you want to cancel all choices, click the "Reset all" button

Reset all

7. Otherwise, put on your headphones and enjoy the full immersion!



Est. May 2021



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[HOME](#)[HOW TO USE](#)

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[ABOUT](#)[CONTACT](#)

What is Peace of Mind?

Peace of Mind is a tool for distraction from all of the everyday noises. We provide sound effect clips, quotes and background videos. What we hope to aim when you combine all three features is an increase in your focus, motivation and productivity, a decrease in your anxiety and stress, and an improvement in your mood.

Here are some examples of when you can use our website:

- During work
- When you are studying
- For better and deeper sleep

our website:

- During work
- When you are studying
- For better and deeper sleep
- While you are traveling
- When you want to relax with e.g. a book before bed or a morning cup of coffee
- Or when you are meditating


Go to our [How to use](#) page to find out more about how to use our sound effects.

Also, feel free to send us your questions or feedback on our [Contact](#) page!

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[ABOUT](#)[CONTACT](#)

All questions and feedback are welcome!


 No file chosen

Send

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HOME

HOW TO USE

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ABOUT

CONTACT

404

Got lost?

[Go back to the Home page](#)