

Guided audio relaxation on Noize.ml

Noize.ml offers users a relaxing space with soothing, deep sounds in many different sounds.

Many people find music as a way to relax and relieve stress after stressful working hours. Noize.ml is a website that brings you soothing, melodious, deep music for us to relax anytime, even when you're offline because of the option to download music. The sound in Noize.ml is divided into many different types of sounds, from the sounds of nature to the sounds of the city. Let's relax on Noize.ml with Network Administrator following the article below.

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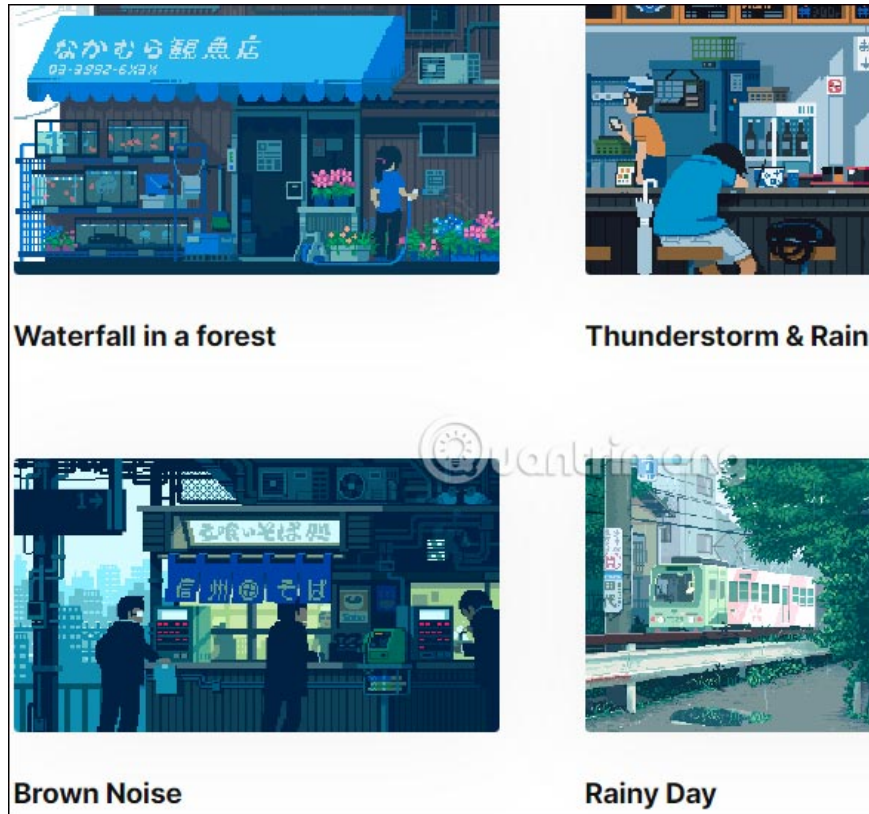
Step 1:

Users access the home page of Noize.ml by following the link below.

`https://noize.ml/`

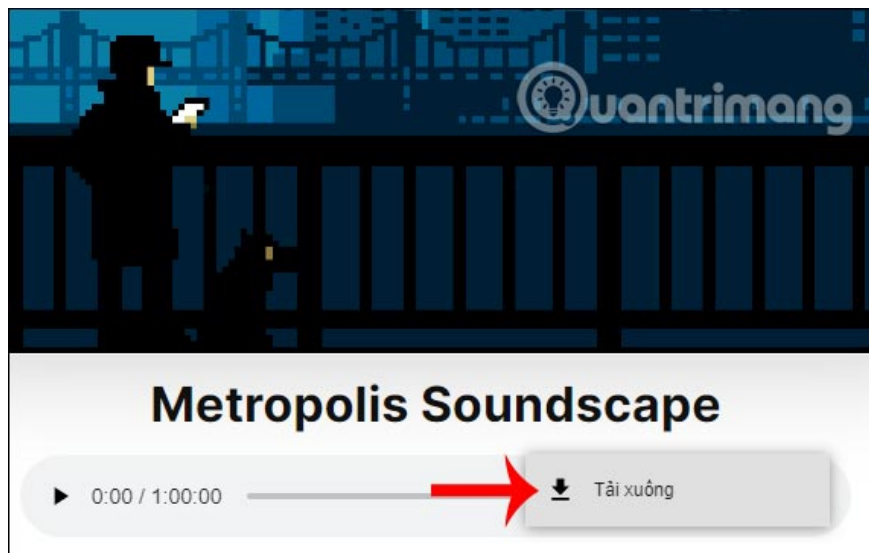
At this interface, users will see 10 different audio themes:

1. Waterfall in a forest: Waterfall sound in the forest.
2. Thunderstorm & Rain: Sounds of thunder and rain.
3. Cafe Music: Sounds in cafes.
4. Brown Noise: The sound of the wind.
5. Rainy Day: The sound of rain.
6. Medieval Town: Sounds in the city.
7. Celestial Noise: The sound of the celestial body.
8. Metropolis Soundscape: Sounds of a tram.
9. Snowy Blizzard: The sound of a blizzard.
10. Forest Ambience: The sound of life in the mountains.

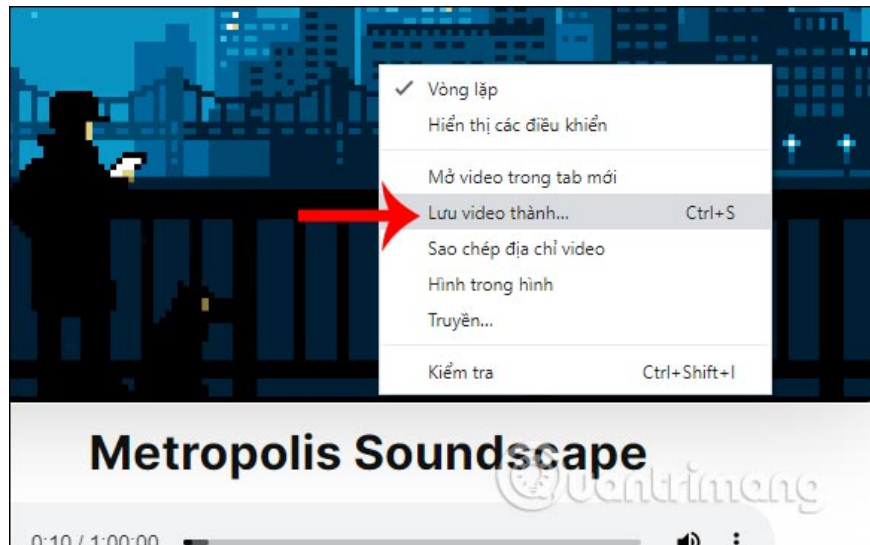


Step 2:

If you want to hear what sound, click on that topic. Here you will see the option to **download audio** by clicking **the 3-dot icon** and then selecting **Download** . Audio topics are 1 hour or at least 45 minutes long.



In addition, Noize.ml also supports you to **download videos** . Right-click the video and **select Save video as** . The downloaded video file is in MP4 format.



Hope this article was helpful to you!

You finished reading the article "**Guided audio relaxation on Noize.ml**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.