

# How to relax by sound according to the environment on Endel

Endel application adjusts relaxing sounds according to the environment in which you are operating.

Sound relaxation is always the way many people come. There are also many relaxation applications that offer different types of sound like Endel. This is an application capable of manually adjusting the sound to relax according to the environment, the position you move, time zone, weather or heart rate. Thus users will be relieved of their own stress, mind and body are relaxed with many sound modes suitable for different conditions. Each sound has a match, consistent with the user's circadian rhythm. The following article will guide you to use Endel.

1. How to relax with sound on Google Chrome
2. How to relax with sounds on Elpy Windows 10
3. Top 10 indispensable apps that help you stay focused
4. How to use Spoon social sound network application

## Guide to adjusting relaxing sounds on Endel

### Step 1:

Users download the Endel application according to the link below and proceed with the boot as usual.

1. Download the Endel iOS app

Endel's black interface feels light, doesn't affect the eyes if you use it at night. Click **Continue** to continue. Next, click **Allow Location Access in Settings** to give Endel permission to use the current location, adjust the sound accordingly when moving.

Now the user needs to **turn on location location service** on the device and then click **Allow Location Access** , click Next **Allow** to use location.



# Welcome to Endel

Endel creates the perfect sound environment  
for work or relaxation. Our algorithm works  
best when it's tailored to you. Take a moment  
to personalize Endel



Continue





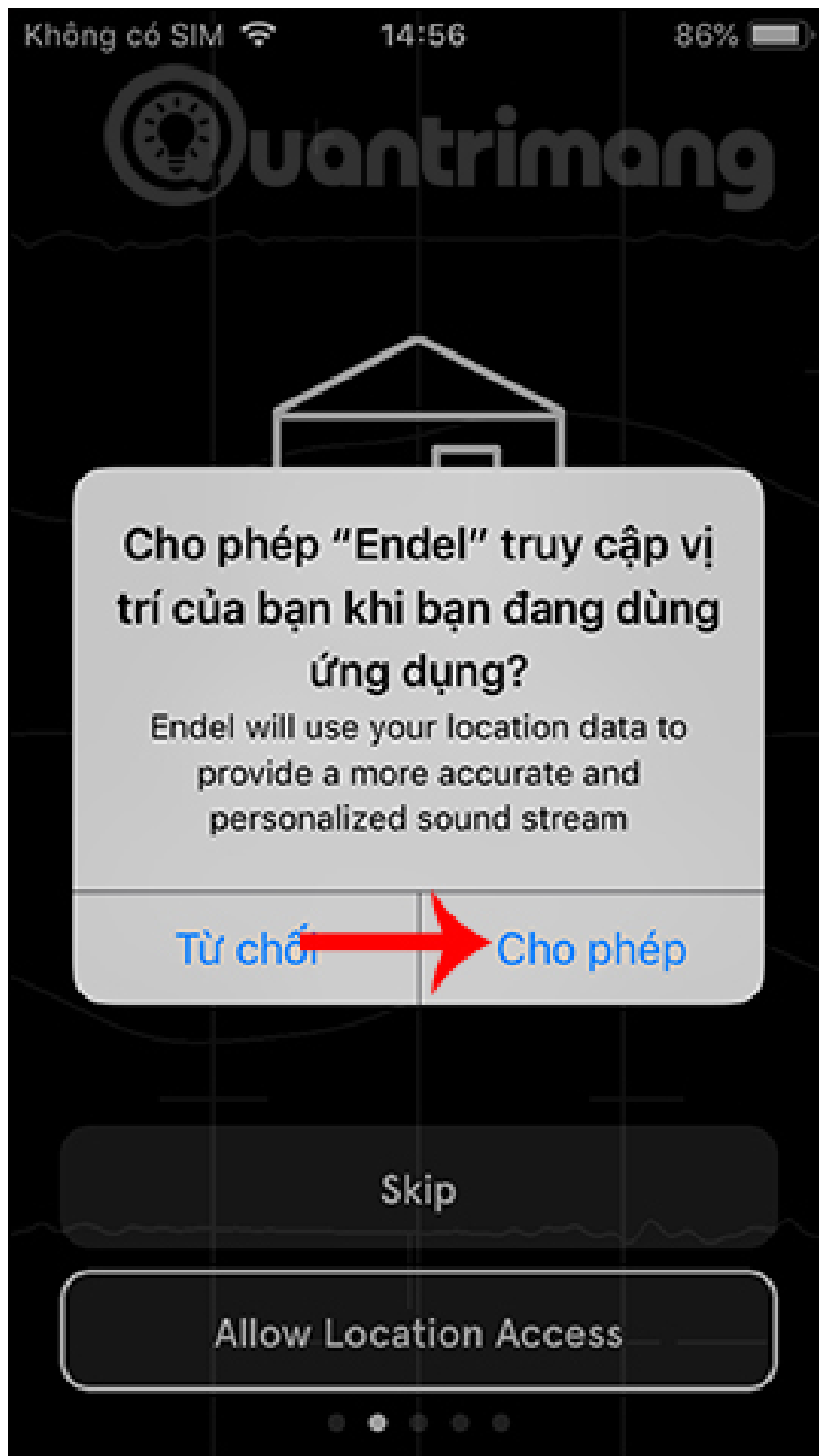
# Relax Mode

Relax Mode is designed to induce a feeling of comfort and safety. Please allow Endel to access your location and time zone in order to personalize this mode

Skip

Allow Location Access in Settings





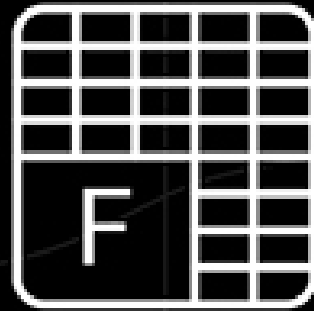
**Step 2:**

Click on **Allow Health Access** to use the user's health information. You turn on all health information including Heart **Rate** and Resting Heart **Rate** , then **press Allow** . If using Android will be Google Fit application.

Không có SIM

14:56

86%



## Focus Mode

Focus Mode will help you focus faster and stay productive for longer. Endel monitors your heart rate in order to tailor our audio's rhythm specifically to you. Please allow Endel to access your Health data to personalize Focus Mode

Skip

Allow Health Access





**Step 3:**

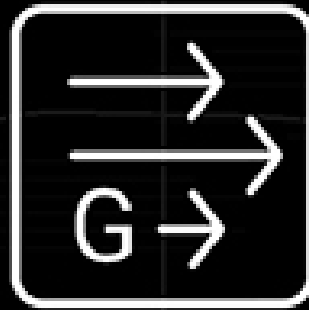
Click on **Allow Motion Tracking** to allow the application to control your physical activity.

In case users do not like it, click Skip at all steps set above to skip and select the sound you want to hear.

Không có SIM

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85%



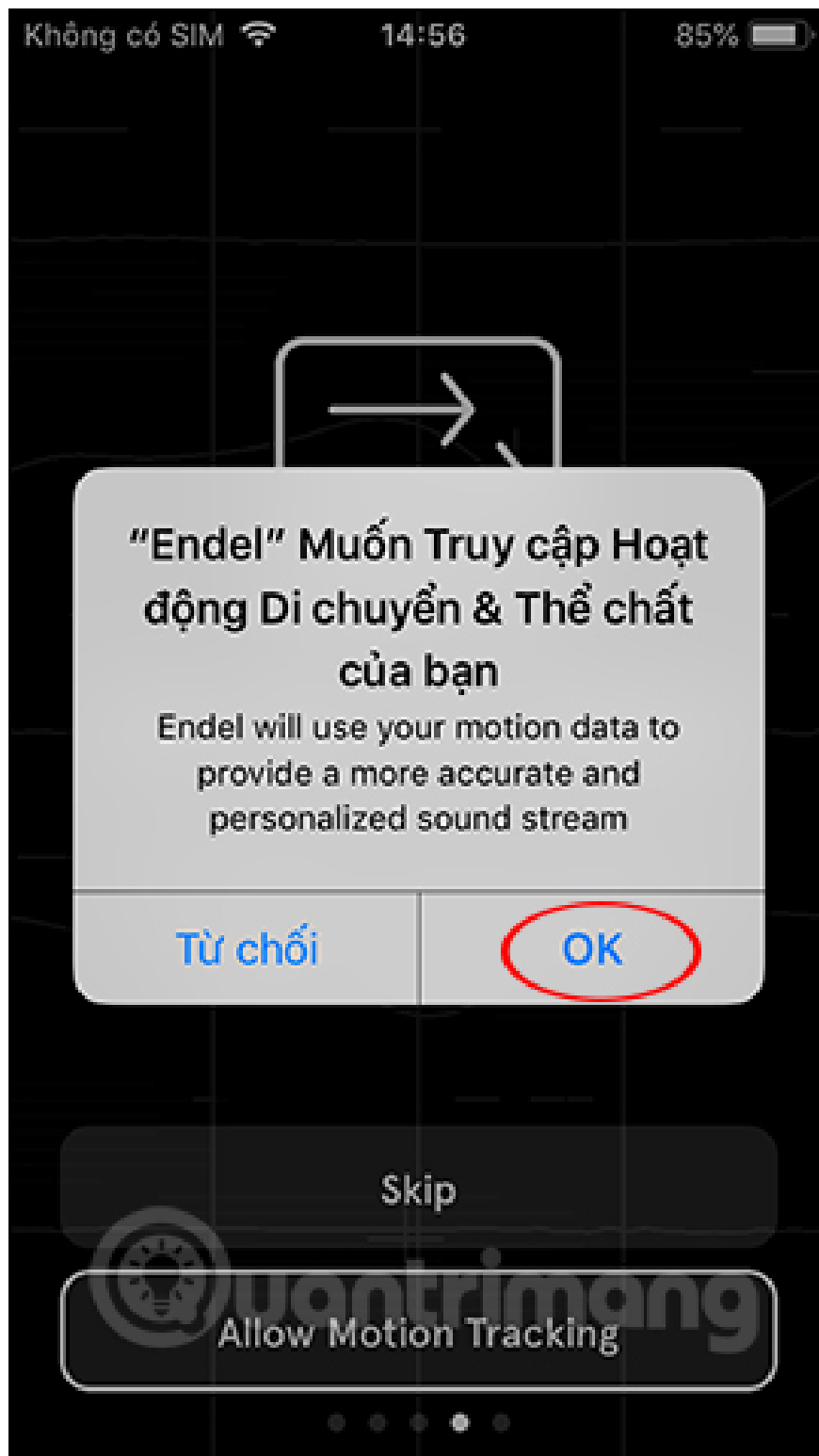
## On the Go Mode

On the Go Mode will enhance your walks and runs. It adapts to your walking speed and cadence. Please allow Endel to access your Motion to personalize this mode

Skip

Allow Motion Tracking





**Step 4:**

Click **the Continue button** to switch to the new interface. If you want to receive notifications from the application click **Allow Notifications** .

Không có SIM

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# Sleep

Sleep Mode generates personalized White Noise to calm your mind and place you into a deep sleep

Continue





Click Allow to continue and finally we **click on Start Endel** to use the application.

Không có SIM

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## "Endel" Muốn Gửi Thông báo cho Bạn

Thông báo có thể bao gồm cảnh báo,  
âm thanh và biểu tượng. Bạn có thể  
định cấu hình chúng trong Cài đặt.

Từ chối

Cho phép

Skip

Allow Notifications



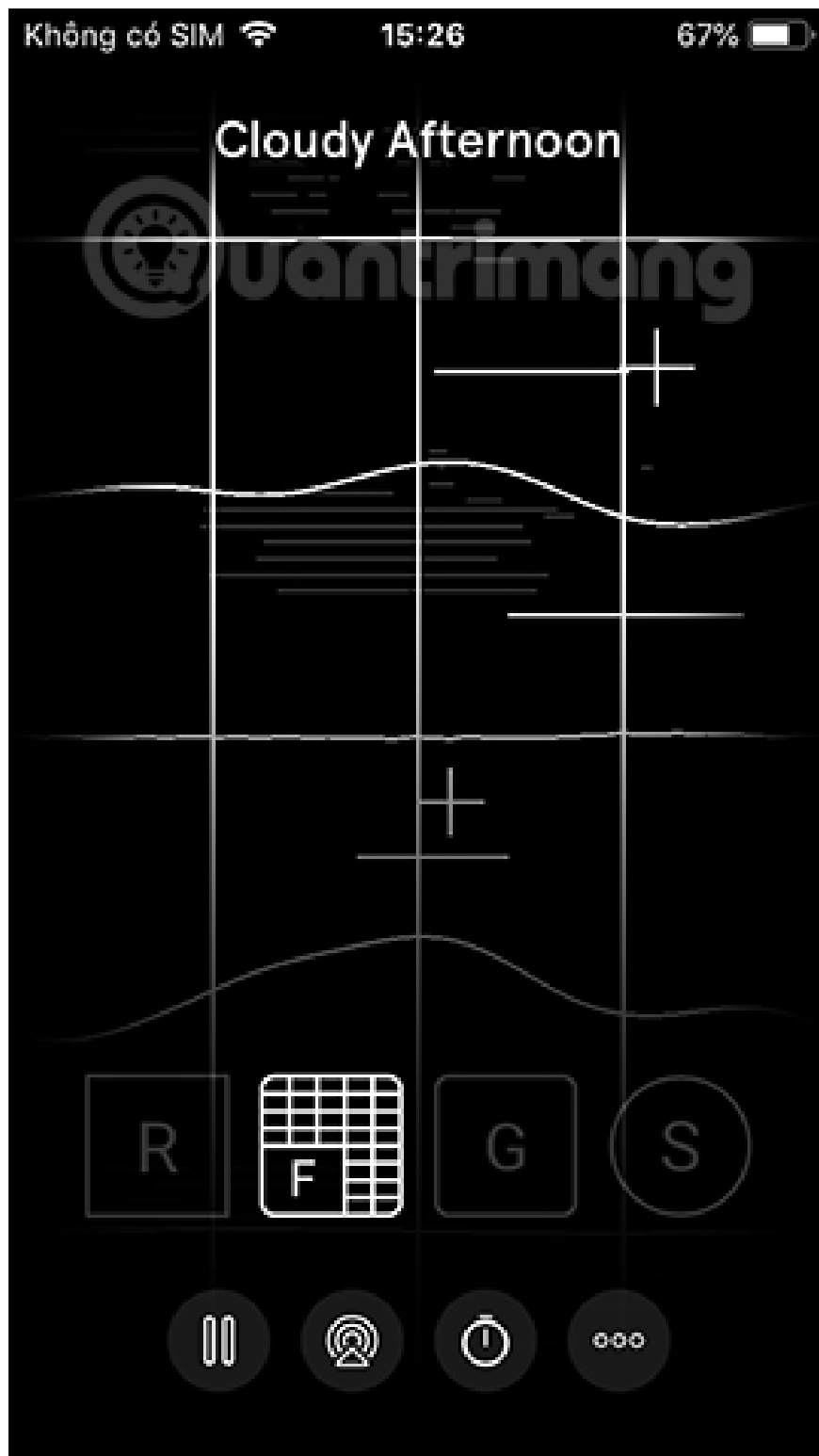
**Step 5:**

In the main interface, users will see **4 letters R - F - G - S** corresponding to four different sound modes.

With the **letter R** you are in relaxation mode. This mode calms your mood. This mode will be appropriate when moving.

The letter **F** is for focus mode, suitable for users who want to increase their focus.





**The letter G** for mode on the way will play sounds that are appropriate to the user's heart rate as you move outside.

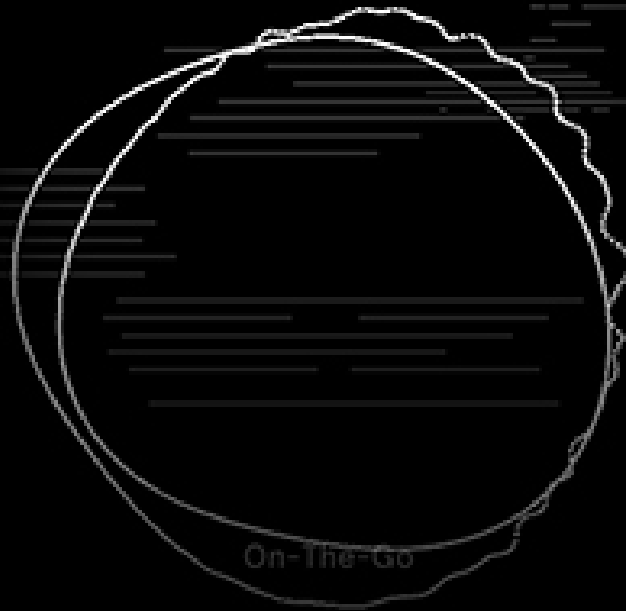
**The S** for sleep mode brings soft sounds to get you into a deep sleep.

Không có SIM

15:28

65%

Cloudy Afternoon





**Step 6:**

After selecting the mode, **press Play** to listen. If desired, we can set the time by clicking on **the clock icon** .  
Select the time to listen to music and **press Set Timer** to set the time.

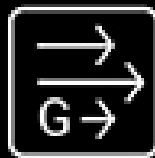
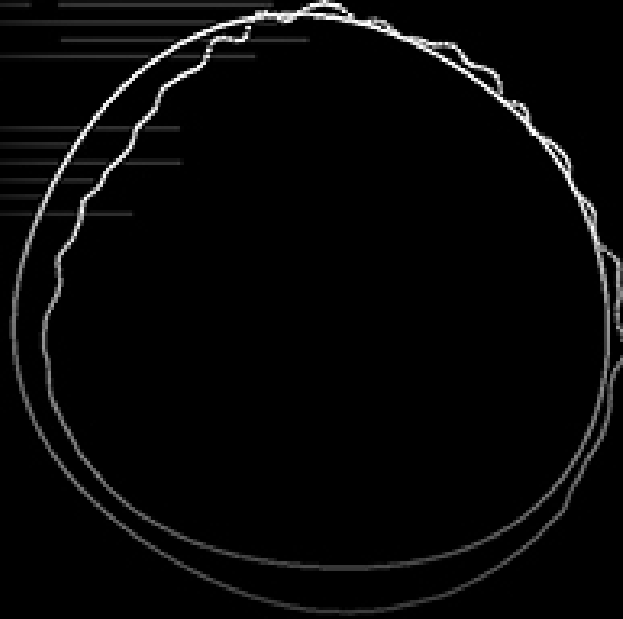
Không có SIM

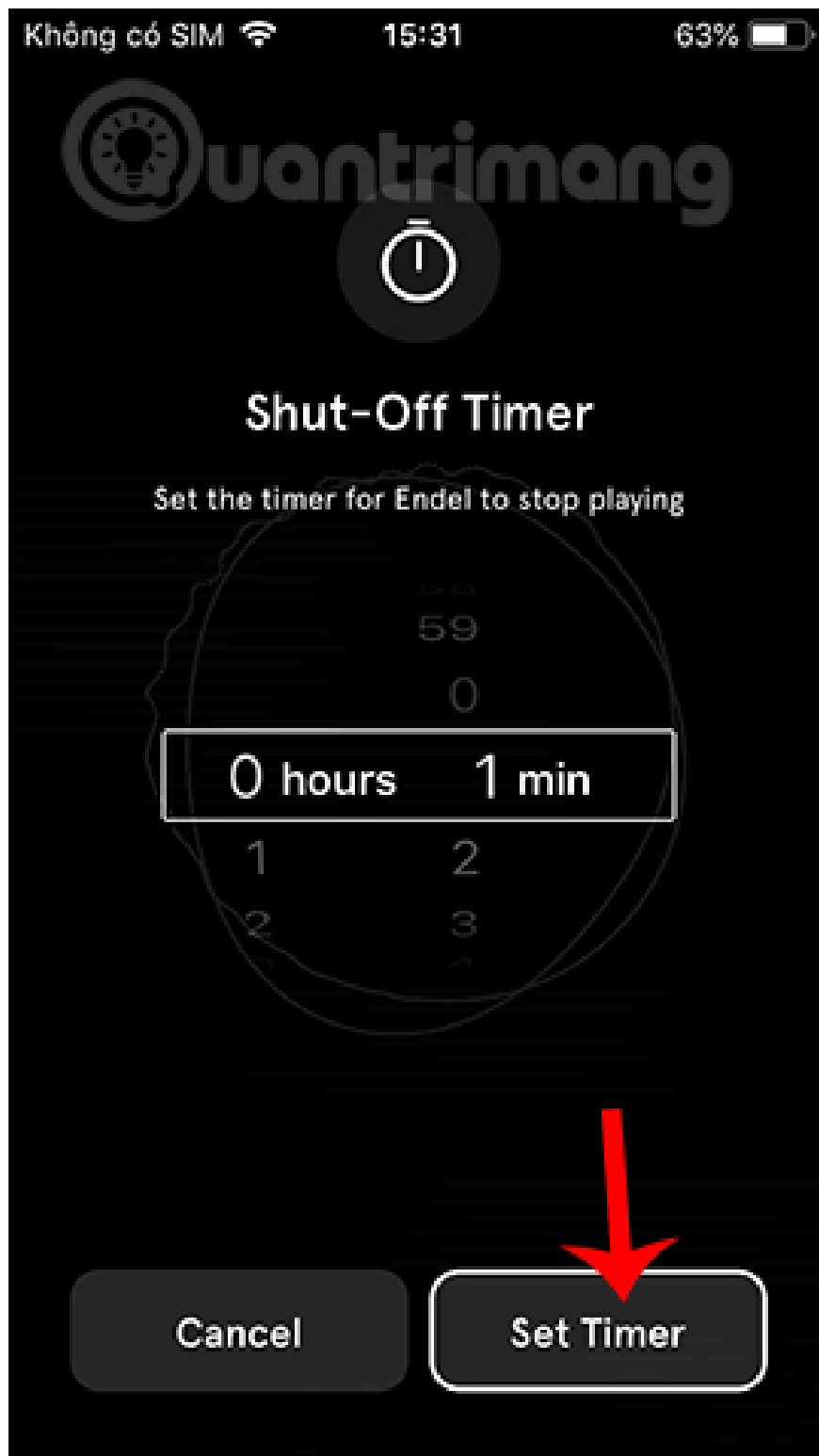
15:31

63%

Cloudy Afternoon

Quantrimang





The Endel interface is very simple and you can freely choose the song you like, or let the application adjust the sound according to your current environment.

Hope this article is useful to you!

You finished reading the article "**How to relax by sound according to the environment on Endel**" 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.

