

# Inside The Backrooms Horror Game Tips

Inside The Backrooms Horror Game Tips, Gamers Need To Know When Playing Inside The Backrooms To Survive And Escape The Scary, Dangerous Backroom

Backroom is a particularly unique horror concept, and Inside The Backrooms showcases its creepy rhythm and atmosphere very well. Each level of the game reimagines famous aspects of the Backroom story, placing the player in seemingly familiar environments.

However, the game is designed with disturbing visuals, unusual emptiness, and horrible noises, which will make even the most hardcore horror game fans nervous. The constant sizzling sound from the lights on the first level makes everything especially chilling and it's hard to describe the horror of opening the door, facing a mysterious entity.



Inside The Backroom mainly revolves around solving a series of puzzles, while avoiding the various entities roaming around the Backroom. However, things are not easy for players and successful dodging will require carefulness and inevitably mistakes. In this article, let's find out the tips to know when playing Inside The Backrooms to survive and escape the scary Backroom.

## Move cautiously, not in a hurry

Inside The Backrooms has rather harsh movement mechanics and allows players to sprint, but only for a very short amount of time before the fitness bar is exhausted. The walking speed in the game is a bit slow, but it's better for everyone to be cautious when going through the levels. The environment will be very strange and things may not always go as expected.



Entities can often be found in unexpected places or appear suddenly with little warning. In these cases, running may be the only way to avoid death, and a player with no stamina will inevitably suffer the consequences.

## Use items sparingly

Inside The Backroom provides players with 2 main forms of fitness enhancement, which is almond milk for health supplements and anti-anxiety drugs to control alertness. Both are essential, as almond milk will help the player survive when health declines. Similarly, if panic or fear is too high, continuing becomes extremely difficult because the screen is dimmed, causing significant impairment of vision and movement.



Players will find that these 2 items will quickly become very valuable, so make sure not to waste them. Try not to use unless absolutely necessary and ensure health and sanity as much as possible to successfully escape.

## Explore the areas thoroughly

It is important for the player to take the time to fully explore the levels while in the Backroom. The game levels are extremely detailed with a scary yet impressive environment and are worth looking around. Investigating the available areas in detail helps to add to the atmosphere a lot of suspense and makes the game even scarier.



In addition, there are hidden things around that gamers need to find, often in corners and spaces that are easily overlooked. Usually, this will be a source of health and sanity supplements. The supplies found by exploring the area will be extremely useful and will be a lifesaver to save the player from death.

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