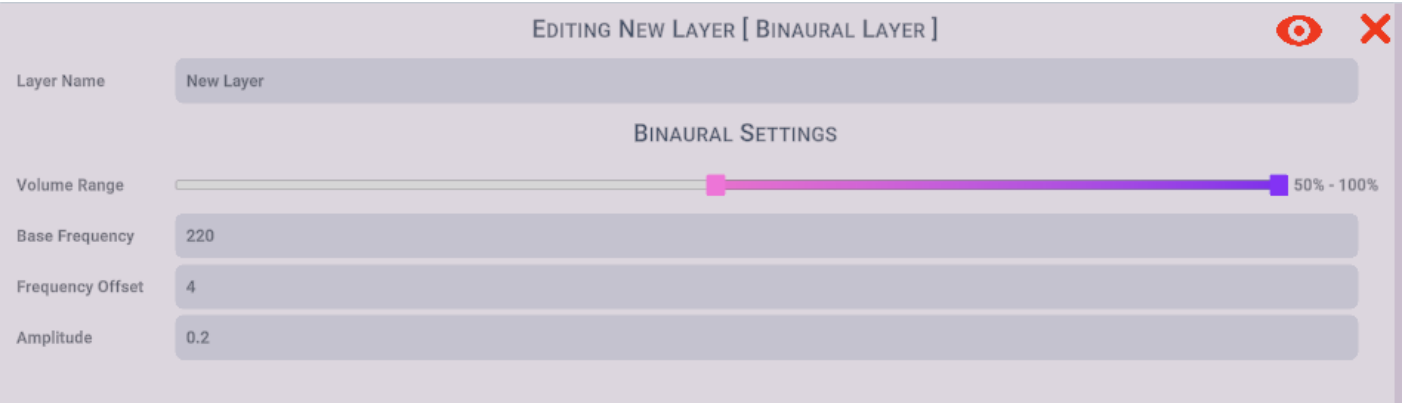
Binaural Layer Settings



Settings

Volume Range: This sets a range of volume to be randomly generated at. Generally for a binaural layer you would want it to be low so as not to have it overwhelming the rest of the audio. The randomness currently doesn't serve much purpose however it will later be used to have it changing with other functionality and features in the app.

Base Frequency: This is the carrier tone, the main sound you'll be hearing. The lower the value the lower pitch the sound is, the higher the value the higher pitch the sound is.

Frequency Offset: This is the difference in frequency between the two sounds presented to your ears. To induce alpha or theta waves, aim for a frequency offset within the respective ranges (8-14HZ for alpha, 4-8 for theta).

Amplitude: This refers to the intensity of the sound, you'll want a comfortable but noticeable level, but not so loud that it becomes overwhelming or distracting. Generally you'll want to adjust it to the point where you can clearly hear the sound without it being too loud.

Other Notes

Feel free to search online or use AI's to help figure out the values you want to set these at. If you include in your search the variables presented here and the desired mental state, the results should be able to help narrow down the desired settings.

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