

## 本集内容

Noise colours and the calming benefits of brown noise 噪声也有“颜色”？褐色噪声真能帮你放松身心吗？

### 文字稿

Grey 灰色

Violet 紫色

Pink 粉红色

Blue 蓝色

There are various colours of noise which have different properties.

噪声分为不同的颜色，分别具有不同的特性。

This is brown noise, which many people say they find calming.

这是褐色噪声，许多人说这种噪声让他们感到平静。

It sounds like a river running in the background.

褐色噪声听起来就像河水在远处流淌。

White noise is heard on unused radio and TV stations.

在未播放节目的收音机和电视频道里能听到白噪声。

It plays all detectable frequencies of sound equally at once.

白噪声指同时均匀播放可听范围内所有频率的噪声。

Pink noise can help some people fall asleep faster.

粉红色噪声可以帮助一些人更快地入眠。

Violet noise is often used to give relief to people with tinnitus.

紫色噪声通常被用来缓解耳鸣。

But it's brown, or Brownian noise, that has surged in popularity.

但褐色噪声（又称“布朗噪声”）人气猛增。

ADHD communities have shared the benefits on social media, with many people saying it allows them to focus more easily on tasks.

注意缺陷与多动障碍群体在社交媒体上分享了褐色噪声的种种好处，许多人表示，褐色噪声让他们更容易专注完成手头的任务。

视频链接

<https://www.bbc.co.uk/learningenglish/chinese/features/lingohack/ep-221027>