

## **How a little noise can bring you peace**

It is a common occurrence that when we are deeply engrossed in our tasks, even a slight sound is enough to break our concentration. This event can be traced back to human origin. It is common knowledge that human beings started out as hunters. And with evolution the most ancient parts of our brain like the *basal ganglia* which controls voluntary muscle movements like eye movements, cognition and even emotion, developed to keep us safe from threats. The problem now is that this part of the brain gets easily distracted when it notices changes, however small, in our vicinity which can be something visual or even a noise. As a result it becomes quite challenging to concentrate on something.

Research has shown that a controlled amount noise can help us get past this problem, specifically sounds that follow a certain pattern. An interesting thing about our brain is that it senses whether the input it is receiving is changing or not. If the input follows a certain pattern our brain actually stops processing the new information. So such type of noises help in calming our mind by masking out other sounds in the background and help us concentrate on our work.

There are different types of such noises that suite different individuals like white noise, pink noise, etc. Research has also shown that various levels of background noise can even affect our creative performance.

So, even though we usually avoid noisy situations, a little noise can actually bring us peace.