



Bloom



ROOTS
AND
BRANCHES

Sounds for Writing

Instrumental music and ambient sounds to support your writing practice (crowdsourced from friends, along with my favorites).

[To add your own ideas to an editable version, please head to this link!](#)

Streaming Channels & Playlists:

Suchon Stevens 'meditations' album

LoFi Study Beats

[Tree.fm](#)

Headspace (they have music playlists as well as meditations)

Mynoise.net

[Cosy in Bed](#)

[Listen to Sleep](#) (meditations and bedtime stories, great for before/after writing)

Artists:

Max Richter

Snarky Puppy

Tragic City

Hania Rani (album: Esja)

Binaural Beats:

Research has shown that 40 Hz binaural beats can enhance concentration and help facilitate more focused bursts of productivity.

I enjoy putting on big headphones with binaural beats playing softly on my deep work days (currently on Wednesdays), but I find them helpful even in shorter bursts of creative freewriting in, say, a few minutes before I dive into a day of other tasks or even just to help calm my mind as I write a potentially stressful email.

Here are some of my favorite binaural background beats, available for free on YouTube

<https://youtu.be/NOFhu-Uur18>