

Background Sounds, iOS 15

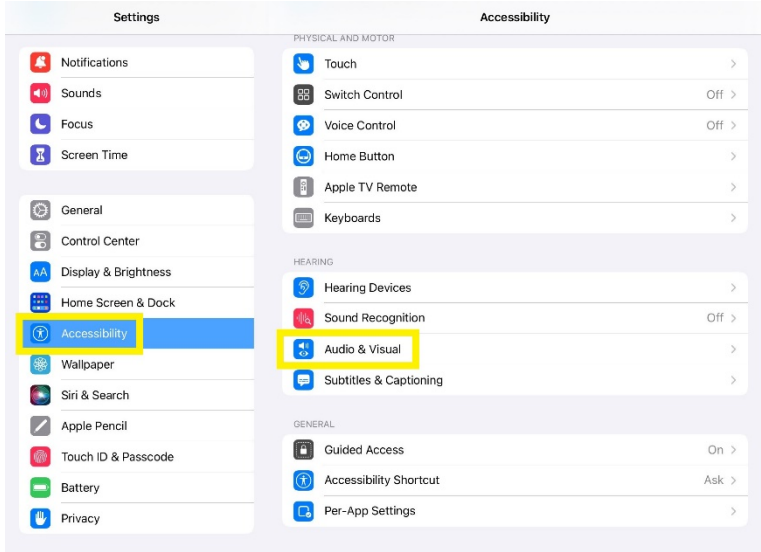
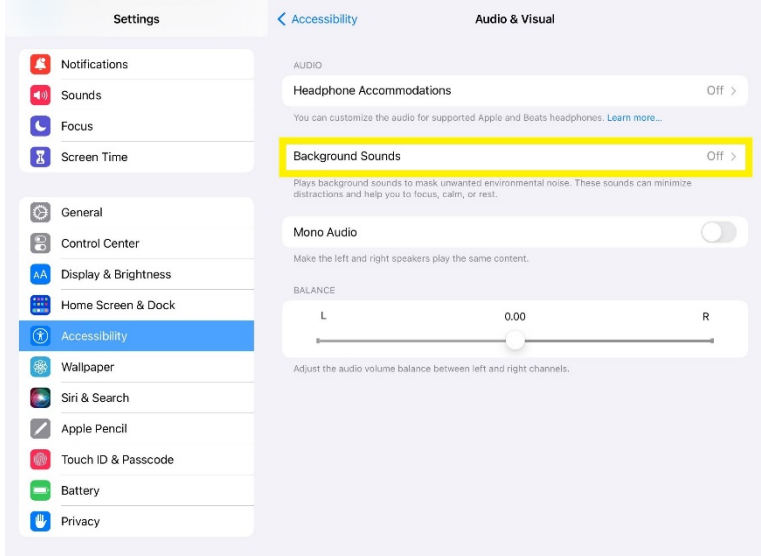
Case Study:

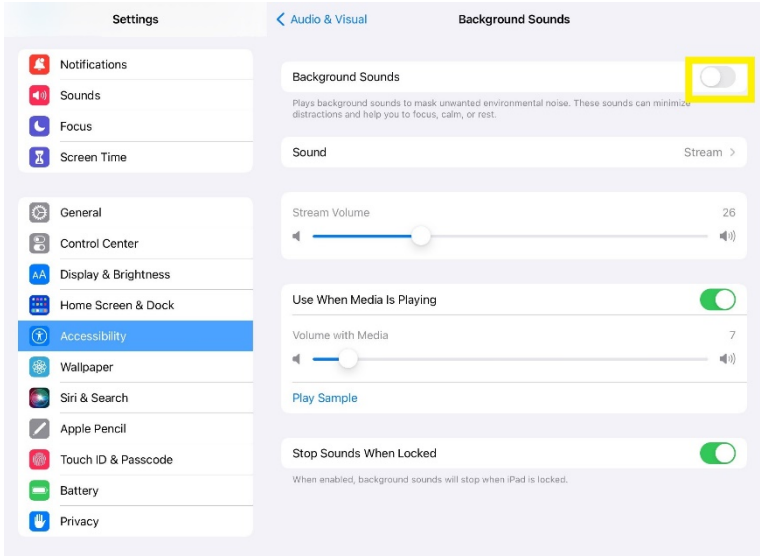
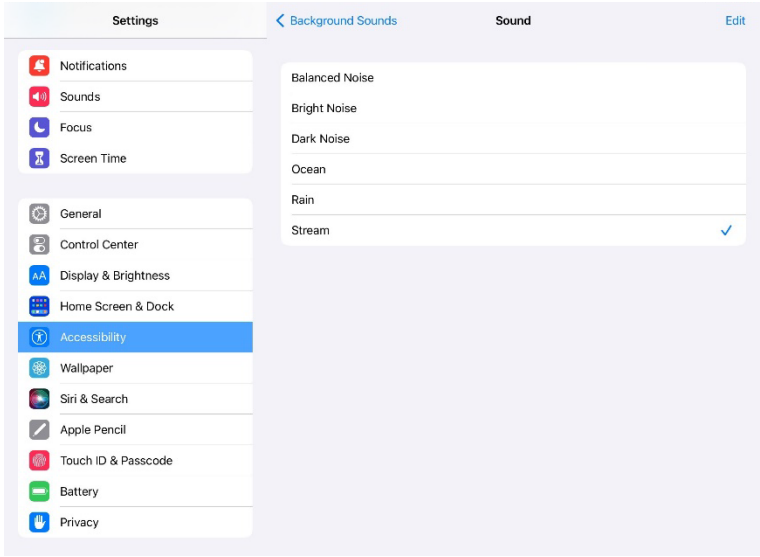
Lucas would like to improve his task performance and concentration while focusing on classroom tasks. Background Sounds on an iOS device will help minimize distractions and mask unwanted environmental noise while he is working.

This tutorial assumes that:

- you have an iOS device with version 15 software.

Setting up Background Sounds

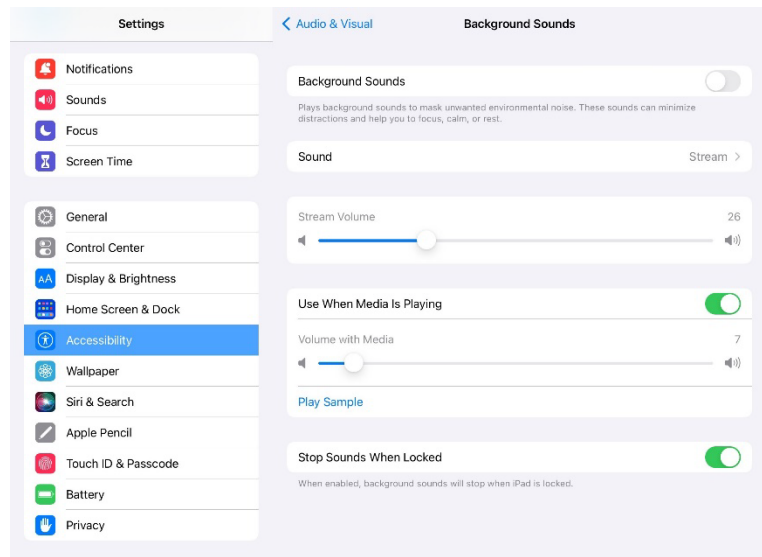
<p>1</p>	<p>Go to Settings > Accessibility > Audio & Visual on your iOS device.</p>	 <p>The screenshot shows the 'Settings' app on an iOS device. The 'Accessibility' option is highlighted in blue. To the right, the 'Accessibility' settings page is shown, with 'Audio & Visual' highlighted in yellow.</p>
<p>2</p>	<p>Tap Background Sounds.</p>	 <p>The screenshot shows the 'Audio & Visual' settings page. The 'Background Sounds' option is highlighted in yellow. Below it, there is a description: 'Plays background sounds to mask unwanted environmental noise. These sounds can minimize distractions and help you to focus, calm, or rest.'</p>

<p>3</p>	<p>Tap the toggle at the top of the screen to turn Background Sounds on.</p>	 <p>The screenshot shows the 'Settings' app with 'Background Sounds' selected. The 'Background Sounds' toggle switch at the top right is highlighted with a yellow box. Below it, there are volume sliders for 'Stream' and 'Volume with Media', and a 'Play Sample' button. At the bottom, there is a 'Stop Sounds When Locked' toggle switch.</p>
<p>4</p>	<p>Tap Sound to listen to the different background sound options.</p>	 <p>The screenshot shows the 'Settings' app with 'Background Sounds' selected. The 'Sound' selection screen is displayed, showing a list of sound options: 'Balanced Noise', 'Bright Noise', 'Dark Noise', 'Ocean', 'Rain', and 'Stream'. The 'Stream' option is selected, indicated by a blue checkmark on the right.</p>


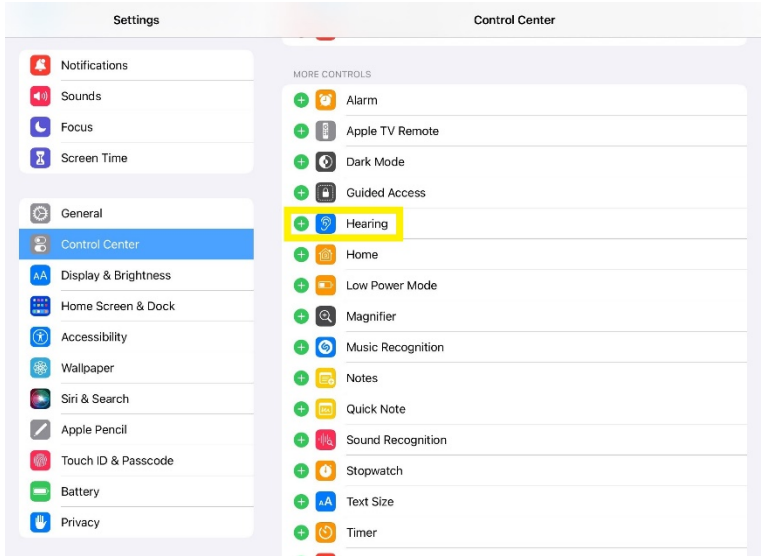
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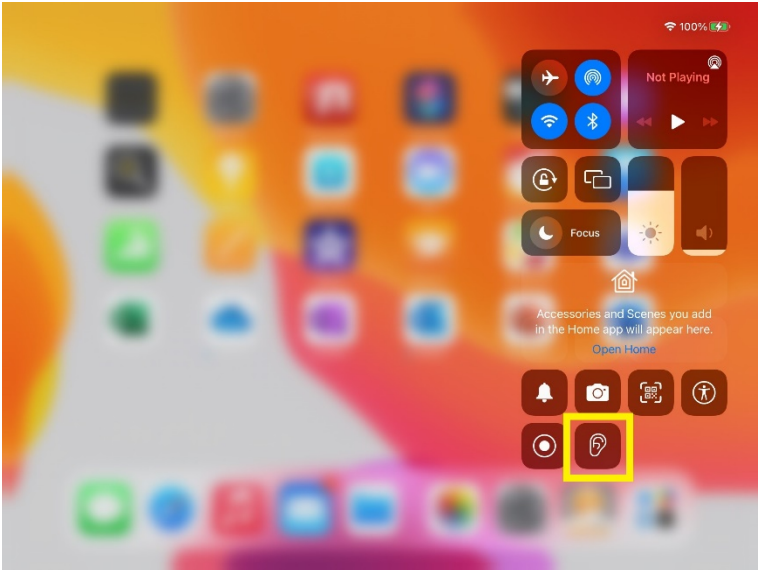
Turn on **Use When Media Is Playing** to allow Background Sounds to keep playing in the background while you are watching a video or listening to music.

Turn on **Stop Sounds When Locked** if you want Background Sounds to turn off when your device locks. If it is turned off, the sounds will continue to play when your device locks.



Adding Background Sounds to Control Center

<p>1</p>	<p>Go to Settings > Control Center.</p>	
<p>2</p>	<p>Scroll down to Hearing and tap the green + button to add it to your Control Center.</p>	

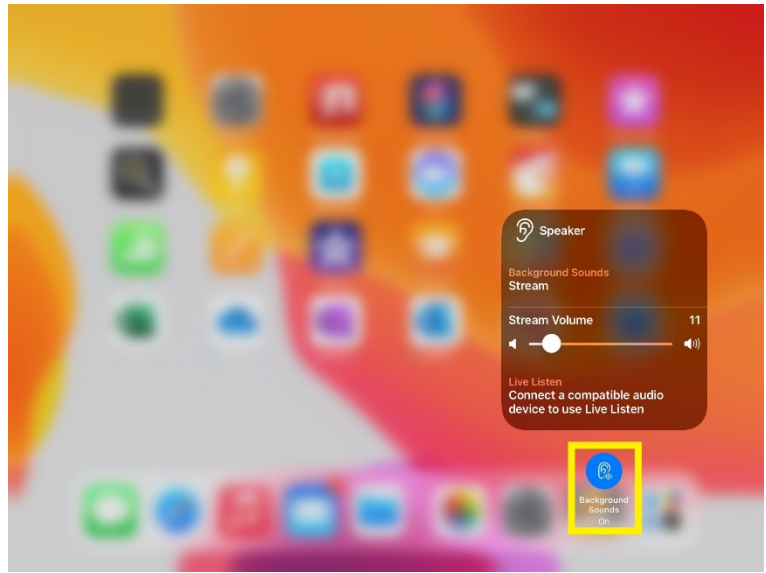
<p>3</p>	<p>Go to your home screen and open your Control Center. Tap the Ear icon.</p>	
<p>4</p>	<p>Tap Background Sounds to turn on the sound.</p>	

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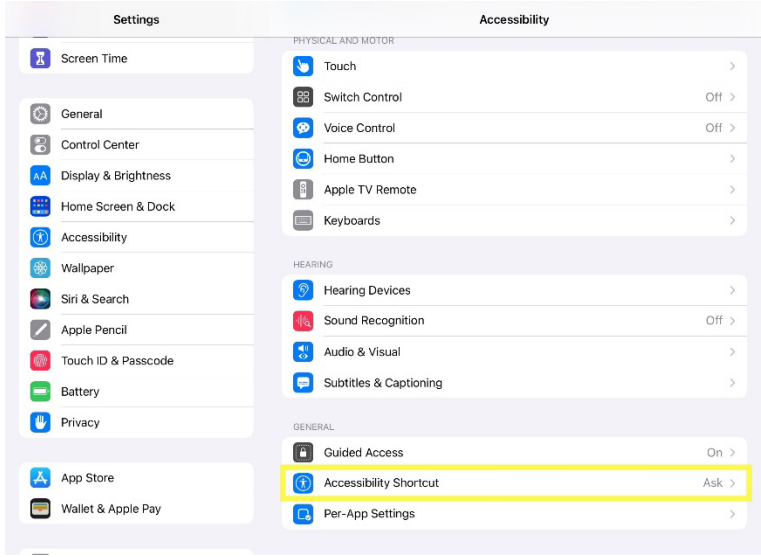
Tap **Background Sounds** again to choose your preferred sound. Use the slider to turn the volume up or down.

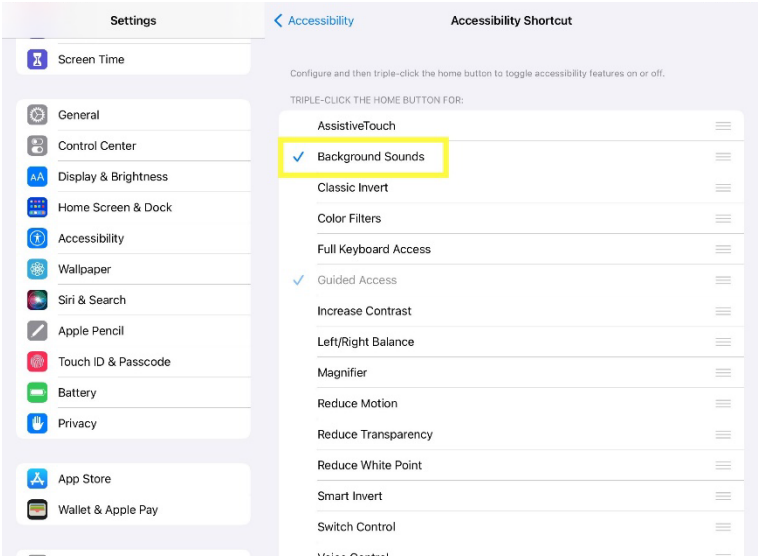
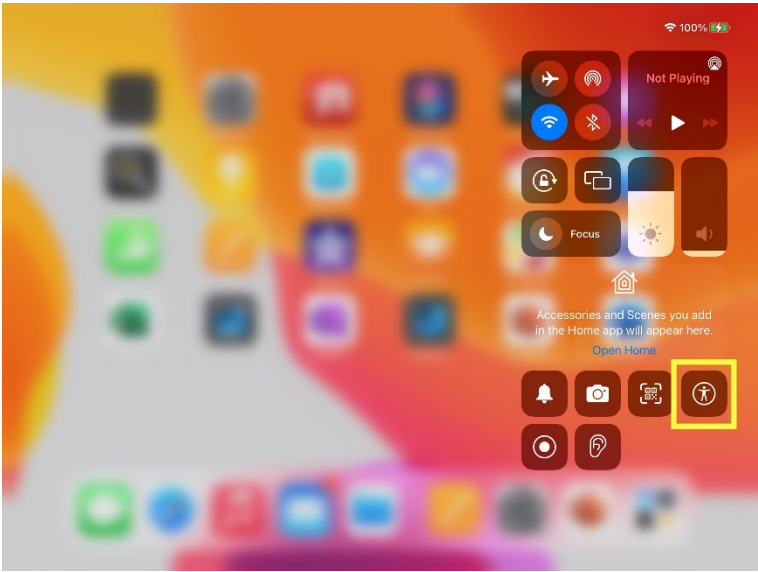
Note: Your device volume buttons will also work.

Tap the blue **Ear** icon at the bottom to turn off (and on again) **Background Sounds**.



Adding Background Sounds to Accessibility Shortcut

<p>1</p>	<p>Go to Settings > Accessibility.</p>	
<p>2</p>	<p>Scroll down and tap Accessibility Shortcut.</p>	

<p>3</p>	<p>Tap Background Sounds.</p>	 <p>The screenshot shows the 'Settings' app on an iPhone. The 'Accessibility' section is expanded, and the 'Accessibility Shortcuts' option is selected. A yellow box highlights the 'Background Sounds' option, which has a checkmark next to it. Other options listed include AssistiveTouch, Classic Invert, Color Filters, Full Keyboard Access, Guided Access, Increase Contrast, Left/Right Balance, Magnifier, Reduce Motion, Reduce Transparency, Reduce White Point, Smart Invert, and Switch Control.</p>
<p>4</p>	<p>You can either triple-click the Home button or go to the Control Center and tap Accessibility Shortcuts (human shaped icon) to turn on and off Background Sounds.</p>	 <p>The screenshot shows the iPhone Control Center. The 'Accessibility Shortcuts' icon, which is a human-shaped figure, is highlighted with a yellow box. Other icons visible include Airplane Mode, Wi-Fi, Bluetooth, Not Playing, Focus, and various system controls.</p>