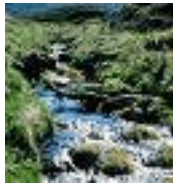


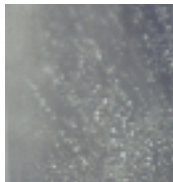
Falls



Creek



Rapids



Rain



Woods

WhiteNoise™

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- Imagine being on a long plane ride, really needing to get some sleep, but having trouble due to the noise in the plane cabin.
- Imagine having time for a 15-minute "cat nap" but having trouble falling asleep.
- Imagine trying to sleep at home on one of those nights when the neighbor's dog is barking all night.
- Imagine trying to sleep at a hotel when it sounds like a wild fraternity party in the adjoining room.

All these cases, and others, may be helped by WhiteNoise, a handheld computer program that can generate various sounds, through your handheld's built-in speaker or external earphones or speakers, to cover external noises and help you sleep.

Research shows that people sleep more soundly and restfully in a room with a soothing, steady background sound, such as the hum of a fan motor, rainfall, or running water. This constant, unchanging sound, called "white noise", is sometimes used in the field of architectural acoustics, where, in order to mask distracting, undesirable noises in interior spaces, a constant low level of white noise is generated.

White noise, playing at low levels, can be very effective as a sleep aid. An individual handheld user can benefit by wearing earphones while using WhiteNoise, or when sleeping in bed, unplug the earphones, place the handheld on a bed-side table, and adjust the playback level to whatever sounds right for you. Generally, low levels, from Level 2 to Level 4, work well. Higher levels may be needed to overcome loud external noise sources.

CAUTION: Sound levels above mid-range could cause hearing damage. Use common sense!

Note: there are some minor differences between the Palm OS and Windows Mobile versions of WhiteNoise.



Look for the Palm logo for information specific to Palm OS handhelds.



Look for the Windows Mobile logo for information specific to Windows Mobile Handhelds.

Since WhiteNoise can run while your handheld's screen is turned off, it uses very little battery power. If you start with a fully-charged battery or plug your handheld into its charger, the sound can run for hours. (In addition, if you have your handheld's Power settings in "Prefs" set to "Auto-off" after a given amount of time, your device will power-down after a while to save battery life.)



On Windows Mobile handhelds you may need to make a change to your system settings to assure that your device doesn't turn itself off prematurely.

- Tap the device's Start button and select Settings.
- On the Settings screen System tab, select Power.
- On the Power screen Control tab, clear the checkbox under "On battery power" so your device does not turn off if not used. If you plan to use WhiteNoise while your handheld is on its charger, clear the "On external power" checkbox also.
- Finally, select (OK) in the upper right corner of the screen to save the new settings.



The WhiteNoise screen is intentionally made dark to make it easier on your eyes if you use it in a dark room.

(Palm OS version screen shown above)

System Requirements:



On Palm OS handheld computers, WhiteNoise requires Palm OS 5.0 or higher.

In order to use WhiteNoise, your device must be capable of playing sound files. It helps if your handheld has an earphone jack. If you are in a crowded, noisy location such as on an airplane, WhiteNoise works best with earphones.

Installing WhiteNoise



Install the WhiteNoise Install.PRC file to your Palm OS handheld using your usual software install process.

Installing To An Expansion Card

WhiteNoise can be stored on an expansion memory card, such as an SD card, but you should follow the following steps in order to avoid problems:

1. First, use your regular software install process to install WhiteNoise Install.PRC into regular Handheld RAM, not to your Expansion Card.
2. After performing a HotSync to move WhiteNoise to your handheld, start your handheld and, locate the WhiteNoise icon (you may need to set the category selector to ALL at the top of the handheld's main menu).
3. Tap the WhiteNoise icon to run the WhiteNoise Installer. After the installation completes and the Trial Version screen appears, exit WhiteNoise and return to the handheld's main menu.
4. From the handheld's main menu, drop down the menu at the top of the screen and select Copy... on the App menu.
5. On the Copy screen, set the selectors at the top of the screen so you will copy to card and copy from the handheld. Then locate WhiteNoise on the list of installed programs, tap WhiteNoise once to highlight it on the list, and tap the [Copy] button at the bottom of the screen.
6. After copying is completed, tap the [Done] button at the bottom of the screen.
7. You now have WhiteNoise installed both in regular handheld RAM and on the card. Now you can delete WhiteNoise from regular handheld RAM. Again, drop down the menu at the top of the handheld's main menu, and select Delete... on the App menu. On the Delete screen, locate WhiteNoise and tap it once to select it. Then tap the [Delete...] button at the bottom of the screen, and select [Yes] to confirm the deletion.
8. WhiteNoise is now removed from regular handheld RAM, and exists only on your Expansion Card. When you want to run WhiteNoise, switch to Card view using the view selector at the top of the handheld's main menu, then tap the WhiteNoise icon.



Put your Windows Mobile handheld on its cradle, turn it on, then, from your Windows desktop or laptop computer, run the setup.exe program included in the WhiteNoise for Windows Mobile download. Follow the instructions on the screen to install WhiteNoise onto your handheld.

If you encounter problems running WhiteNoise from a memory card, try installing and running the program from the handheld's base RAM memory.

Trying and Registering WhiteNoise

Trial Version

WhiteNoise installs as a free trial version. You can use the trial version as long as you like, but sound play time is limited to 5 minutes. To get unlimited play time, you must purchase a registration key to unlock the trial version and convert it to fully operational.

To use WhiteNoise in trial mode, tap the WhiteNoise icon on your handheld's main menu, then select the [Try it] button in the lower left corner of the opening screen.

Registered Version

To purchase a WhiteNoise registration key, visit the website mentioned on the WhiteNoise Trial Version (startup) screen. The key is generated to match your device name, and will only work on your own handheld.



If you are installing to a Palm OS handheld, you will need to know your handheld's Palm OS HotSync Name in order to purchase your key. The HotSync Name is displayed in the upper right corner of the HotSync screen on your handheld. More details here: <http://www.arkansoft.com/FAQInvalidCode.html>



If you are installing to a Windows Mobile handheld, you will need to know your handheld's Owner Name in order to purchase your key. The Owner Name must match what's shown in the Owner section of your handheld's "Today" screen (Start>Today). More details here: <http://www.arkansoft.com/FAQInvalidCode.html>



Once you have your key, start WhiteNoise on the handheld and tap the [Register] button in the lower right area of the startup Trial Version screen. On the Registration Screen that appears next, tap the number buttons on the screen to enter your 5-digit key. If your key begins with 0, be sure to enter the 0 first. You must enter five valid digits to successfully register.

Using WhiteNoise

Note: To exit WhiteNoise, select the Exit Button  in the upper right corner of the screen.

Screen Section 1: Setting Duration

Use the number buttons in Section 1 to indicate how long, in minutes, the sound should play. For example, to set a play time of 10 minutes, tap [1] then [0].

Quick entry buttons are provided to easily enter 15, 30, 60, or 90 minute play time. To change the time setting, you can use the backspace button  to erase numbers one-at-a-time, or you can use the button with the eraser  to clear the duration field and start over.

Your duration setting is saved, so you don't ever have to change it, unless you want to.

If you want to take a nap of a definite length, marking the Alarm On checkbox will cause an alarm to sound at the end of your selected sound duration, helping to make sure you wake up on time at the end of your nap.

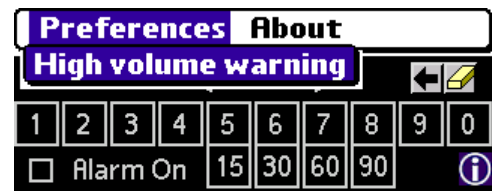
Screen Section 2: Setting Volume


Tap a number button in Section 2 to indicate how loudly the sound should play. Higher number means louder sound. Generally, softer sounds work better.

Caution: sounds higher than Level 5 could damage your hearing if you're using earphones. Use common sense. By default, WhiteNoise reminds you about this if you select the higher volume levels. If you wish, you can turn these reminders off using the Preferences menu.


You can experiment with different settings using the test function described in Section 3.

Your volume setting is saved, so you don't ever have to change it, unless you want to.



 Preferences menu at top of the screen on Palm OS handhelds.



 Preferences menu at bottom of the screen on Windows Mobile handhelds.

Screen Section 3: Picking Sound and Testing

Picking Sound: Once duration and volume are set in Sections 1 and 2 in the upper part of the screen, tap the picture or word in Section 3 to indicate which sound you want to hear.



The Red Heart Button - in addition to the sounds of waterfall, babbling brook (creek), roaring river (rapids), rain, and summer woods, WhiteNoise also includes a special **heartbeat/white noise** sound option. The mixture of white noise with a steady heart beat sound may help a baby go to sleep.

Playback will begin immediately and continue according to the duration setting (number of minutes) you set in Section 1.



You can use your handheld's Power button to turn the screen off, saving battery power, without effecting the sound playback. Or, if you have your handheld's Power settings in device Prefs set to Auto-off after a given amount of time, your device will power-down automatically after a while to save battery life.



On Windows Mobile handhelds you'll need to make a change to your system settings to assure that your device doesn't turn itself off prematurely.

- Tap the device's Start button and select Settings.
- On the Settings screen System tab, select Power.
- On the Power screen Control tab, clear the checkbox under "On battery power" so your device does not turn off if not used. If you plan to use WhiteNoise while your handheld is on its charger, clear the "On external power" checkbox also.
- Finally, select (OK) in the upper right corner of the screen to save the new settings.

To end sound playback early, tap the screen. (If the screen is "off", you must press your handheld's Power On button to turn the screen on before you can deactivate WhiteNoise.) The sound will end within a few seconds.

Testing: You can hear short samples of each of the WhiteNoise sounds.

To hear a sample of all the sounds at once, tap the word "All" on the right side of Section 3. Each sound will play a few seconds, beginning on the left and moving to the right through all the sounds. A volume level of 5 is used for this test, regardless of the current setting in Section 2. Duration in Section 1 is also ignored for this test.

The Test "One" function can be handy for setting your volume level. Set volume to desired level in Section 2, then tap the word One on the right side of Section 3. Then tap which sound you want to test. That sound will play a few seconds at the volume you selected. (Section 1 Duration setting is ignored for testing purposes.) You can repeatedly test different volume levels for the sound until you find the one you like best.