

FIND YOUR FREQUENCY: THE BENEFITS OF WHITE, PINK AND BROWN NOISE

Although noise can often be a major obstacle to quality relaxation, not all sound is created equal. Some types of noise can help you sleep, focus and unwind more effectively.

White, pink and brown are perhaps the three most well-known varieties of colored noise, or distinct frequencies named after colors which vary in volume and pitch. While scientific research into the application of these sounds is still emerging, there is early evidence and theorization regarding possible benefits.

So, what's the difference?

WHITE NOISE, AKA TELEVISION STATIC

By far the most popular of the colored noise varieties, white noise is the result of playing all frequencies audible by the human ear at the same intensity. This makes for a high-pitched, hissing "shhhh" that could be compared to a steady waterfall or the hum of an air conditioner. By tuning out any background interference underneath this blanket of continuous sound, white noise can prove especially useful to light sleepers.

Research suggests that the use of white noise can help improve overall quality of sleep, boost productivity and focus, and even manage ADHD symptoms.

PINK NOISE, AKA STEADY RAIN

While pink noise also features a combination of all audible frequencies, it puts an emphasis on the lower end of the spectrum, leading to a deeper, softer and, ultimately, less intense sound than white noise. Due to its gentler tone, pink noise is sometimes considered a more relaxing alternative.

It could be described as similar to the sound of wind rustling through leaves or waves lightly brushing the shore.

Similar to white noise, there is evidence to suggest pink noise could make a difference in cognitive performance and efficiency as well as addressing ADHD symptoms.

BROWN NOISE, AKA RUMBLING THUNDER

Also called "red noise," brown noise is even more firmly planted in lower frequencies than pink noise. This results in a richer, more bass-like sound that's especially good at muffling background noise, making it ideal for anyone looking to improve their concentration. The deep tones of brown noise are comparable to a rushing waterfall or a running shower.

Research suggests brown noise could help speed up the transition into REM sleep, as well as improve cognitive performance. Scientists hope to further define the relationship between brown noise and potential anxiety relief.

Interested in finding the frequency that fits your auditory needs?

You can explore YouTube for a wide variety of extended, ambient audio tracks, as well as any popular music streaming app. Though the differences between white, pink and brown noise might seem subtle, it's clear from their research-backed effects that the power of distinct pitches and tones can be immense.

In a world populated by noise, finding the right sound may be just what you need to find a little extra peace and relaxation.

"Cognitive performance, creativity and stress levels of neurotypical young adults under different white noise levels," Mohamad Awada et al., *Scientific Reports*, Aug. 26, 2022.

"The effects of white noise on sleep and duration in individuals living in a high noise environment in New York City," Matthew R. Ebben et al., *Sleep Medicine*, July 2021.

"Spectral Content (colour) of Noise Exposure Affects Work Efficiency," Shih-Yi Lu et al., *Noise & Health*, Nov. 25, 2020.

"Systematic Review and Meta-Analysis: Do White Noise or Pink Noise Help With Task Performance in Youth With Attention-Deficit/Hyperactivity Disorder or With Elevated Attention Problems?" Joel T. Nigg et al., *Journal of the American Academy of Child & Adolescent Psychiatry*, August 2024.

"White Noise, Pink Noise, and Brown Noise: What's the Difference?" Kara Mayer Robinson, *WebMD*, webmd.com, Oct. 21, 2024.

Logged On, Worn Out: The Rise of AI Fatigue

A new kind of workplace burnout is showing up, and it has less to do with long hours than with the tools meant to make work easier. Researchers are calling it "AI brain fry": a mix of mental fog, slower decision-making and exhaustion that compounds after a day spent prompting AI tools and double-checking what they produce.

A 2026 study published in Harvard Business Review found that employees with heavy AI oversight responsibilities reported 12% more mental fatigue and 19% more information overload than coworkers who used AI more sparingly. An eight-month University of California, Berkeley study showed that AI rarely gave time back to workers. Instead, it expanded what felt possible in a day, thereby stretching workloads and shrinking focused work.

AI can draft an email in seconds, but a person still must read it, edit it, verify it and decide whether to trust it. That supervising work is quietly taxing, especially when it replaces longer stretches of concentration with quick bursts of checking and switching.

Some habits worth trying this month:

- **Use AI in shorter, defined windows.** Closing the tab between sessions cuts down on reflexive use.
- **Carve out a daily focus block of an hour or two with no screen and no AI assistant.** Sustained thinking needs uninterrupted time.
- **Take breaks that are actually breaks.** A walk outside or a few minutes away from your desk does more for your head than scrolling on your phone.
- **Pay attention to how you feel at the end of the day.** Feeling foggy or unusually tired after a heavy AI day? That's a signal. Treat it as one and rest.
- **The tools are not going away.** How you use them, and when you put them down, is up to you.

"When Using AI Leads to 'Brain Fry,'" Harvard Business Review, hbr.org, March 5, 2026.

"AI Promised Supreme Productivity, but It's Actually Straining Workloads for Employees," Fortune, fortune.com, March 13, 2026.



Prep Time: 20 minutes | **Cook Time:** 20 minutes | **Serves:** 6

Ingredients

2 lb. boneless, skinless chicken breasts, cut into 1-inch cubes

For the Marinade:

- 1 14-oz can coconut milk
- 1 cup chopped mango
- 2 cloves garlic, minced
- 3 Tbsp sriracha
- 1 Tbsp lime juice
- 2 Tbsp honey
- 3 Tbsp olive oil
- Salt and pepper, to taste
- Handful of fresh cilantro

For the Salsa:

- 1½ cups mango, chopped
- ½ cup red sweet pepper, chopped
- 1 or 2 jalapeños, chopped
- ¼ cup red onion, chopped
- ¼ cup sliced green onions
- 3 Tbsp cilantro, chopped
- 2 Tbsp lime juice
- ½ tsp. lime zest

Instructions

- Soak the skewers in cold water for about 20 minutes to prevent them from burning on the grill and set them aside.
- In a blender, combine all ingredients for the marinade, up through the salt and pepper, and blend until smooth. Add the cilantro and pulse until roughly chopped. Reserve about one cup of marinade for later.
- Dice the chicken into 1-inch cubes and pour the marinade atop the chicken. Let it marinate for a minimum of 30 minutes to overnight.
- While the chicken is marinating, mix the ingredients for the salsa in a medium bowl, cover and refrigerate until ready to use.
- Preheat your grill on medium-high heat, making sure to lightly spray it with oil to avoid sticking.
- While the grill is heating, start threading your chicken onto the skewers (about five pieces each) and discard the marinade. Place the skewers on the grill, cooking the chicken about two to three minutes on each side and brushing with the reserved marinade until the chicken is cooked through.
- Top the skewers with mango salsa to serve and enjoy! You might also serve the chicken over a crisp bed of salad or in a cilantro-lime rice bowl with beans (like pinto or black beans).

Nutrition Information

Serving: 4 pieces of chicken (half a chicken breast) + ¼ cup salsa Calories: 308 Carbohydrates: 12.9g Protein: 40.7g Fat: 10g Fiber: 1.3g Sugar: 9.8g

Recipe adapted from eatyourselfskinny.com