

ASMR - Autonomous Sensory Meridian Response



ASMR stands for "Autonomous Sensory Meridian Response."

People describe a deeply relaxing sensation or a "tingly feeling" in the scalp, head or body in response to certain gentle sounds, feelings, or descriptions. These **can include** soft whispering, crinkling paper, or a light, gentle **touch**.

Even just watching videos with certain sounds and visuals can trigger an **ASMR** response in some people.

Like listening to rain fall or wind in the trees, **ASMR** is generated sound designed to relax the mind, allowing you to unwind or go to sleep easier.

Youtube has many dedicated creators of this content and will list the sounds and type of video they have on offer.



As with all things internet related, parental guidance and discretion is recommended.

Here are some examples specifically aimed at children or by children:

ASMR Binaural Ambient Nature Sounds and White Noise of The Night (For Sleep and Relaxation)

<https://www.youtube.com/watch?v=QsHowU57nic>

How to get your friends to give you ASMR (For Relaxation):

<https://www.youtube.com/watch?v=mMSWyPbK5Vs>

Aoki SMR: <https://www.youtube.com/channel/UCS1M2kkCnJnkeQwbMYgYPow>

ASMR Angel: <https://www.youtube.com/user/TheASMRAngel>