

# Digital reading strategies for escaping urban noise on commutes?

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## Transforming Your Commute into a Serene Escape

Urban commutes are often synonymous with hustle, bustle, and an inescapable symphony of city noise. For many, this daily journey can be a source of stress rather than a moment of transition. However, with the right digital reading strategies, you can transform this noisy environment into a personal sanctuary, fostering focus, relaxation, and a genuine escape from the urban cacophony.



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## Embrace the Power of E-readers

E-readers like the Kindle or Kobo are champions of distraction-free reading. Their e-ink displays mimic real paper, reducing eye strain, and their singular purpose—reading—prevents the endless notifications that plague smartphones. By dedicating an e-reader to your commute, you create a device-specific ritual that signals focus. Load it with captivating fiction, insightful non-fiction, or even poetry, and let the outside world fade into the background as you immerse yourself in another.

## **Tune Out with Audiobooks and Podcasts**

Sometimes, visual reading isn't feasible, especially on crowded public transport where standing is the norm. This is where audiobooks and narrative podcasts shine. Coupled with a good pair of noise-cancelling headphones, they create an impenetrable bubble of sound, effectively muting the surrounding urban din. Choose stories that deeply engage you, allowing your imagination to take over and transport you far from the packed train car or congested bus.



## **Curate Your Digital Library Thoughtfully**

The success of your digital escape hinges on the quality of your chosen content. Don't just pick anything; actively curate a library of books, articles, or audio series that genuinely excite and engross you. Whether it's a gripping thriller, an inspiring self-help guide, or a podcast series on a niche hobby, highly engaging content is your strongest ally against external distractions. Pre-download all your material to avoid connectivity issues and ensure uninterrupted flow.



Dogs, July 1964. Photographer: Dan Grant, Toronto Telegram fonds, PC433, ASC10636.

# Planning & Selecting for Digitization



## Leverage App Features for Enhanced Focus

If your smartphone is your primary reading device, make the most of its features and third-party apps. Utilize 'Do Not Disturb' modes, turn off non-essential notifications, and explore apps that offer distraction-free reading environments or customizable dark modes for better eye comfort. Speed reading

apps can also help you absorb more in less time, keeping your mind fully occupied and less susceptible to external stimuli. Consider setting a timer for dedicated reading blocks to maintain discipline.



## **Mindful Preparation and Routine**

Successfully integrating digital reading into your commute begins before you even leave home. Ensure your devices are fully charged and all your desired content is downloaded. Creating a routine—even just 10-15 minutes of dedicated reading at the start or end of your journey—can signal to your brain that this is a time for focus and calm. Treat your commute as a valuable segment of your day, not merely transit time, and you'll find it easier to reclaim your mental space.

