

What is i-dosing? - NME

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WARNING. i-dosing may cause your children to sit quietly and concentrate for extended periods of time when they should be out on the street defacing grannies and setting fire to jobs.

Long-term idosing is a gateway to harder and harder noises. If not caught early your children could be breaking into factories to get their fix of heavy machinery, or lurking outside the bedrooms of heavy snorers.

Weirdly, Chris Morris isn't behind the bizarre panic over i-dosing – a hobby that sounds only mildly antisocial rather than dangerous and involves listening to noises through headphones to induce a drug-like high.

It supposedly works using binaural beats, a real thing that happens in your brain when you listen to a different frequency in each ear for a bit. Your brain tries to make a rhythm out of the difference between the two frequencies, and in doing so tries to synchronise with it. Basically, if Aphex Twin tried to make a relaxation CD, this is what would come out.

It's being touted as a cure for alcoholism, smoking and a whole load of other dubious things. It's also being slammed from two sides – Daily Mail readers think it sounds incredibly dangerous, and the rest of the world think it sounds beyond pointless.

I love the idea of NLP and the like, despite having no patience to actually do it, so I wanted to give i-dosing a try. The free sample track I chose claimed to be good for creativity and inducing visions.

It had, like the rest, masked the audible frequencies by using a really annoying sound. In this case it was the sound of a roomful of Americans all talking at once, while the background buzz – the bit that actually tries to affect your brain – sounded like a constant electrical hum.

It sounded like Times Square being sick.

Did it work? Well, despite being a really annoying sound, the 15 minutes slipped by so quickly that it must have had some sort of effect. Afterwards I felt more alert and a bit buzzy, and I reckon with a bit of experimentation it might actually be quite effective.

Some tracks probably can make you freak – especially ones with names like Gates of Hades – but there's no way they're more dangerous than self-hypnosis. It's not a drug, it's just the awesome power of your own brain.

