ToolGPA

NOVEMBER 2026

White Noise Lite

The Insider's Guide

Free ad-supported sleep and focus sound app



Every plan, grade, refund rule and rival among focus apps, read from White Noise Lite's own pages.

Made by TMSOFT · checked Nov 13, 2026 · toolgpa.com

3.0
GPA



Contents

01 Welcome
What it is, who it suits, its grades and the ten things to know first

02 What it costs
Every plan, the free plan, ways to pay less and how prices have moved

03 What it does
Its main features, where it runs, what it works with and who makes it

04 Where it stands
Its grades against its category, and whether to keep it or make your own

05 The alternatives
The tools it is most often weighed against, side by side

06 Quick answers
The questions people ask about it, each answered in a line or two

07 About ToolGPA
Who made this guide, what else is on the site, and how to cite it

ToolGPA put this guide together from White Noise Lite's own pages, its app-store listings and our grades. Every fact in it is on White Noise Lite's page too, where it is kept up to date. Checked Nov 13, 2026.

Welcome

What it is, who it suits, its grades and the ten things to know first

3.0

GPA, above 60 of the 83 other focus apps we grade

White Noise Lite is the free edition of TMSOFT's White Noise app. It includes 50 standard-definition sounds, alarms, a mix pad and background audio. Paid editions remove ads for a one-time fee, and sounds play from the device without a network connection.

To get you started, here are **9 things to know about White Noise Lite**, taken from its own pages and our grades.

> "
>
> **No rating on record, but it is an app you install and play.**
>
> From our grade for ease of use

1 **Best for free sleep and focus sounds**

White Noise Lite is a free sleep and focus sound app, with 50 sounds, a mix pad and alarms, supported by ads.

2 **What it costs**

Paid plans start at $0.99 one-time (Full edition).

3 **There is a free plan**

Lite is free with ads: 50 SD sounds, advanced recorder, 5 alarms, mix pad, background audio and full stereo.

4 **It runs on 4 platforms**

iOS, Android, macOS and Windows.

5 **50 bundled sounds**

Rain, ocean, fan and other sounds ship with the app.

6 **Mix pad**

Mix several sounds into one soundscape.

7 **Timers and alarms**

Timers fade sounds out; Lite has 5 alarms, paid editions 20+.

8 **A 3.0 GPA, above 60 of 83**

That is against the other focus apps we grade, on value, the free plan, features, ease of use and platforms.

9 **Your call**

A focus timer at its plainest counts down 25 minutes and keeps a log.

White Noise Lite at a glance

PRICING Free plan, from $0.99 one-time (Full edition)	FREE PLAN Yes
FREE TRIAL None stated	RUNS ON macOS, Windows, iOS, Android
MADE BY TMSOFT	CATEGORY Focus Apps
OUR GRADE 3.0 GPA, very good	STORE RATING 4.8 on the App Store, 279,191 ratings

The report card

Best for free sleep and focus sounds

White Noise Lite is a free sleep and focus sound app, with 50 sounds, a mix pad and alarms, supported by ads. Full is $0.99 and Pro is $2.99, both one-time, and the HD sounds only come with Pro.

TOOLGPA REPORT CARD **White Noise Lite** Graded Nov 13, 2026

SUBJECT	GRADE	COMMENT
Value for money	A	Free with ads, with one-time upgrades at $0.99 and $2.99, far less than a year of what focus apps charge.
Free plan and trial	B	Lite is free with 50 sounds, a recorder, 5 alarms, mix pad and background audio, with ads, and you can live on it.
Features	C	Bundled sounds, mix pad, timers, alarms, recorder and offline playback. HD sounds and generators only come in Pro.
Ease of use	B	No rating on record, but it is an app you install and play.
Platforms and integrations	B	iPhone, Android, Mac and Windows apps, but no integrations.
Grade point average		Very good, out of 4.0 **3.0**

An A is worth 4 points, a B 3, a C 2, a D 1 and an F nothing. The GPA is the average of the five.

Who White Noise Lite is for

- ✓ Fits if you want a free sound machine for sleep
- ✓ Works for people who want one-time prices rather than a subscription

Who it is not for

- ✗ Skip it if you cannot stand ads, as Lite shows them
- ✗ Watch out: only Pro has the 50 HD sounds and the generator tools
- ✗ Watch out: the site's table does not say which editions exist on each platform
- ✗ Watch out: Watch, TV and widget support are in the paid editions
- ✗ Too light for a focus timer, as it plays sounds and does little else

Good to know

Good for

- ✓ Masking background noise while working or studying
- ✓ People who want a one-time fee instead of a subscription

Worth knowing

- ⓘ The Lite edition shows ads; Full and Pro remove them.
- ⓘ The site's table does not say which editions exist on each platform.
- ⓘ Only the Pro edition includes HD sounds and bundled generator tools.
- ⓘ The page's pricing is the US list; Watch and TV support are in the paid editions.

PART 02 · PRICING

What it costs

Every plan, the free plan, ways to pay less and how prices have moved

$0.99 one-time

To start. There is a free plan too

White Noise Lite has a free plan. Paid plans start at $0.99 one-time (Full edition).

LITE

$0

Free with ads; 50 SD sounds and 5 alarms.

FULL

$0.99

one-time

20+ alarms, no ads, Watch, TV and widget support; generator tools are an in-app purchase.

PRO

$2.99

one-time

Adds 50 HD sounds, generator tools included, 20+ alarms and no ads.

The free plan

Lite is free with ads: 50 SD sounds, advanced recorder, 5 alarms, mix pad, background audio and full stereo.

Read from tmsoft.com on Nov 13, 2026.

What it does

Its main features, where it runs, what it works with and who makes it

4

Places it runs: macOS, Windows, iOS and Android

Free ad-supported sleep and focus sound app. Here is what it does, as its own site describes it, and what it covers: works offline, one-time purchase, focus music.

> **Bundled sounds, mix pad, timers, alarms, recorder and offline playback.**

From our grade for features

50 bundled sounds

Rain, ocean, fan and other sounds ship with the app.

Mix pad

Mix several sounds into one soundscape.

Timers and alarms

Timers fade sounds out; Lite has 5 alarms, paid editions 20+.

Recorder

Record and loop your own sounds.

Offline playback

Sounds play locally without a connection.

Where it runs

macOS · Windows · iOS · Android

What it works with

Its own pages name no integrations.

White Noise Lite is made by TMSOFT.

Where it stands

Its grades against its category, and whether to keep it or make your own

60/83

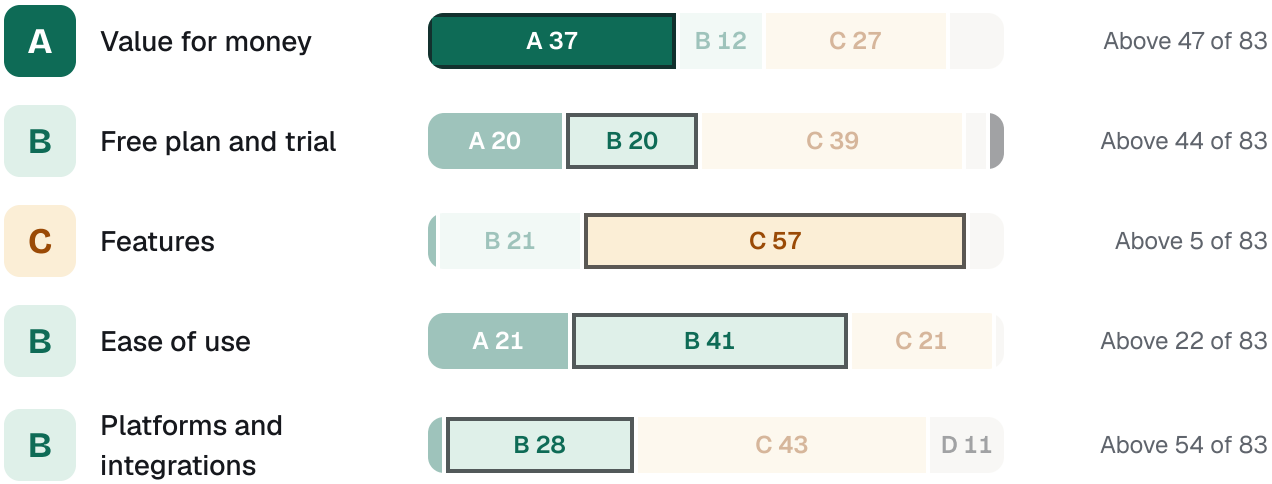
Other focus apps it is graded above

White Noise Lite's GPA of 3.0 is higher than 60 of the 83 other focus apps we grade, and level with 15.

It stands best on value for money (A, above 47 of 83) and worst on features (C, above 5).

Each grade against the category

Every bar is all 84 focus apps we grade, cut by the letter each got. White Noise Lite's own letter is outlined.



Keep it, or make your own?

Whether this is something you could build for yourself with an AI app builder, and what you would give up.

Your call

A focus timer at its plainest counts down 25 minutes and keeps a log.

White Noise Lite sits between: not beyond making, and not a weekend's work either. What you would give up is listed below. Whether that is worth the price is your call. At $0.99, paid once, it costs less than the weekend it would take to replace, which is the argument for keeping it.

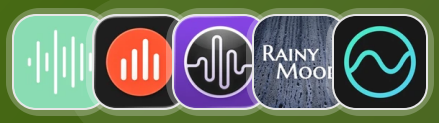
What you could not

- ✕ A library of sound you would have to license.
- ✕ Apps for macOS, Windows, iOS and Android that stay in step with each other.

What this rests on. White Noise Lite's listing: what it does, where it runs, what it plugs into and what it costs. It is a judgement about the kind of software this is. We have not built a replacement for it, and making your own means looking after it too. How we decide, and every tool's verdict.

The alternatives

The tools it is most often weighed against, side by side



Noisli, myNoise, Dark Noise, Rainy Mood and Noizio

The 5 tools White Noise Lite is most often weighed against, with where each one differs from it.

2.2 GPA

Noisli

Free plan · from $10/mo

Ambient sound mixer with a session timer and text editor.

- Only White Noise Lite lists Android, macOS and Windows apps.
- Only Noisli lists a web app.
- White Noise Lite can be bought with a one-time purchase.

White Noise Lite and Noisli compared in full

3.2 GPA

myNoise

Free plan · from $10 one-time

Adjustable background noise and soundscape generators.

- Only White Noise Lite lists macOS and Windows apps.
- Only myNoise lists a web app.

White Noise Lite and myNoise compared in full



3.0
GPA

Dark Noise

Free plan · from $2.99/mo

Ambient noise app for iPhone, iPad and Mac with custom mixes.

- Only White Noise Lite lists Android and Windows apps.

White Noise Lite and Dark Noise compared in full



3.0
GPA

Rainy Mood

Free plan · from $4.99 one-time

Rain sounds for studying, sleeping and relaxing.

- Only White Noise Lite lists Android, macOS and Windows apps.
- Only Rainy Mood lists a web app.

White Noise Lite and Rainy Mood compared in full



3.2
GPA

Noizio

Free plan · from $4.99 one-time

Ambient sound mixer for Mac, phones and the browser.

- Only White Noise Lite lists a Windows app.
- Only Noizio lists a web app.
- Noizio also covers Pomodoro timer.

White Noise Lite and Noizio compared in full

PART 06 · QUESTIONS

Quick answers

The questions people ask about it, each answered in a line or two

11

Questions, each answered in a line or two

The short version of everything above, for when you only need the answer. Each one is told in full in its part of the guide.

Is White Noise Lite free?

White Noise Lite has a free plan. Lite is free with ads: 50 SD sounds, advanced recorder, 5 alarms, mix pad, background audio and full stereo.

How much does White Noise Lite cost?

White Noise Lite lists 3 plans. Lite: $0.

What platforms does White Noise Lite work on?

White Noise Lite is available on iOS, Android, macOS and Windows.

How is White Noise Lite rated?

White Noise Lite's iPhone and iPad app averages 4.8 out of 5 from 279,191 ratings on the App Store in the United States, as read on Nov 13, 2026.

Does White Noise Lite have a Linux app?

No Linux app was listed when its pages were read on Nov 13, 2026. White Noise Lite is listed for iOS, Android, macOS and Windows.

Is White Noise Lite open source?

White Noise Lite is not described as open source on its own site, as read on Nov 13, 2026.

Does White Noise Lite work offline?

Yes, according to its own site. What works without a connection differs by plan and platform, so check the vendor's page for the detail.

Who makes White Noise Lite?

White Noise Lite is made by TMSOFT.

What are the alternatives to White Noise Lite?

The closest alternatives to White Noise Lite in our directory are Noisli, myNoise, Dark Noise, Rainy Mood and Noizio.

How does White Noise Lite compare with other focus apps?

White Noise Lite's GPA of 3.0 is higher than 60 of the 83 other focus apps we grade, and level with 15.

Could I make my own version of White Noise Lite?

A focus timer at its plainest counts down 25 minutes and keeps a log. White Noise Lite sits between: not beyond making, and not a weekend's work either.

Where this guide comes from

The prices, plans, platforms and features were read from White Noise Lite's own pages on Nov 13, 2026, and the grades were given on Nov 13, 2026. Graded from this listing, whose facts were read from TMSOFT's own pages on 13 November 2026. Not based on using the product, and shorter than our full reviews.

Every tool we list gets five grades, A to F, each with its reason, and a GPA that averages them. How each is decided is at toolgpa.com/grades. This guide is ToolGPA's own work; it is not made, paid for or approved by TMSOFT. Prices change, so check tmsoft.com before you buy.

tmsoft.com

tmsoft.com/white-noise/

About ToolGPA

Who made this guide, what else is on the site, and how to cite it

7,721

Tools graded, in 95 categories

ToolGPA grades software the way a school report grades a pupil: five subjects, a letter for each with the reason written beside it, and a GPA that averages them. Prices, plans and platforms are read from each maker's own pages and dated, so you always know how fresh a figure is.

Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. Every tool on the site has a guide like this one, free to download and pass on. It all lives at **toolgpa.com**.

7,721	95	739	579
tools graded	categories	price changes on record	apps priced in 12 countries

What else is on toolgpa.com

White Noise Lite, kept up to date

Everything in this guide, with prices and grades as they are today

toolgpa.com/tools/white-noise-lite

How grades are given

The rules behind every letter and every GPA

toolgpa.com/grades

Value charts

What each tool costs against what it scores, for every category

toolgpa.com/charts

Compare

Any two tools side by side, plan by plan

toolgpa.com/compare

Price changes

Every price rise and cut on record, each with its source

toolgpa.com/price-changes

Prices by country

What apps cost on the App Store in 12 countries

toolgpa.com/prices-by-country

Pay less

Every public discount: yearly billing, students, nonprofits

toolgpa.com/save

Keep or make

Which tools are worth paying for, and which you could build yourself

toolgpa.com/keep-or-make

Scan for the live page

Prices and grades as they are today

Quoting this guide?

Please name ToolGPA and link to the live page, so readers can check the figures for themselves:

```
ToolGPA, "White Noise Lite: The Insider's
Guide", checked Nov 13, 2026.
https://toolgpa.com/tools/white-noise-lite
```

Know someone choosing between focus apps?

Send them this guide: toolgpa.com/tools/white-noise-lite/guide

ToolGPA elsewhere: youtube.com/@toolgpa

See our other guides

The best-graded focus apps after White Noise Lite, each with an Insider's Guide of its own.

Focus Apps Insider's Guide

Every one of the 84 focus apps we grade, compared

ScreenZen Insider's Guide

Free app that delays and blocks distracting apps and sites

3.6 GPA

Flora Insider's Guide

Free focus timer that grows trees, alone or with friends

3.2 GPA

Flow Insider's Guide

Minimal Pomodoro timer for Mac, iPhone, iPad and Apple Watch

3.2 GPA

ToolGPA

Choosing software? Every tool graded, every price dated.

Compare tools at toolgpa.com ›

Everything in this guide is ToolGPA's own summary of what White Noise Lite's pages, its app-store listings and public reviews said on the dates shown. Grades are our judgement under the rules at toolgpa.com/grades. Every grade, review and ranking on ToolGPA is our own judgement. No company can pay for a grade or change one. White Noise Lite is a trademark of its owner, and this guide is not made, paid for or approved by TMSOFT. Prices and plans change: check tmsoft.com before you buy.