

# THE BOX FAN

## Hack

### WHEN to use it

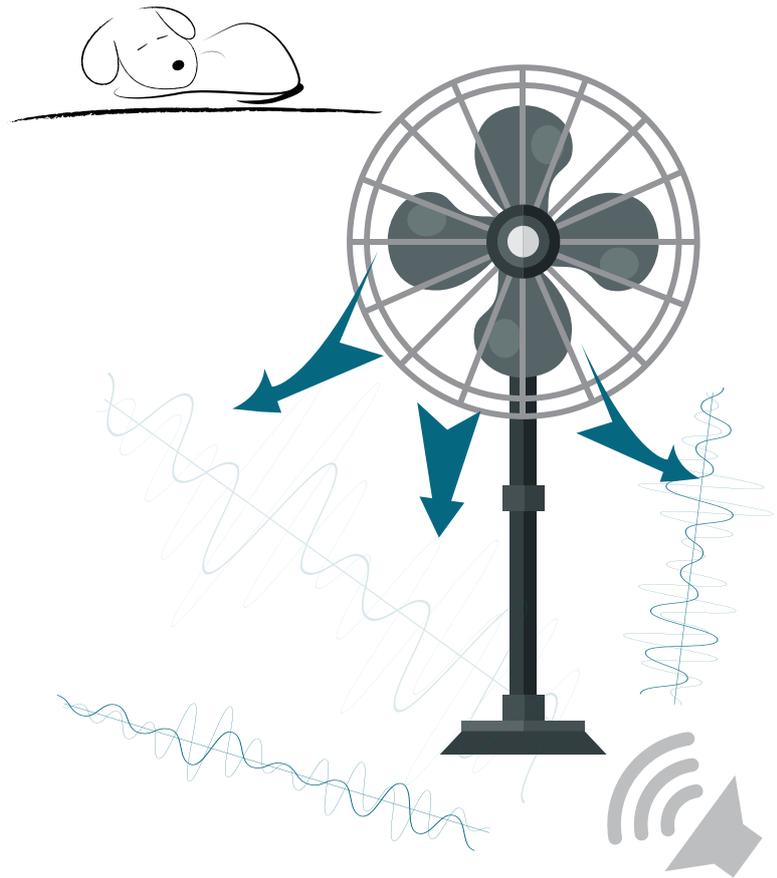
Ideal for dogs with sound sensitivity, noise reactivity, and thunderstorm and fireworks phobias, some aspects of separation anxiety, and promoting better sleep. Great for use in suburban and urban settings.

### HOWS it works

As a box fan pushes air through a space, air currents bounce off walls and break up sound waves, unlike a white noise machine. This disruption makes it difficult to pinpoint or perceive any specific sound outside a room and promotes an overall more relaxing environment for your dog.

### HOW to use it

Best used in a small space, like a bedroom. Set up the fan between the source of the triggering sound and your dog's resting area, if possible, with the fan blowing away from your dog. Place the fan so it points toward a wall or other solid object, about a foot away, to block more noise.



<https://youtu.be/UrwCyKpYe4g>

## Equipment needed

*The process works best using a traditional box fan*

### Step 1

To get your dog used to the fan, place it in the room where the dog sleeps the most

### Step 2

Turn fan on to lowest setting, gradually increasing to a higher setting over a few nights

### Step 3

Experiment with fan location and placement based on your dog's needs

