



What the 80% statistic meant

Keep the denominator, age and outcome beside the percentage.

1990 randomized trial

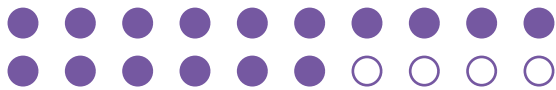
Newborns aged 2-7 days

Asleep within five minutes

White noise

16 / 20

80%

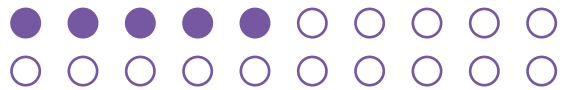


fell asleep within five minutes

Control

5 / 20

25%



fell asleep within five minutes

Each dot represents one participant. Filled dots indicate babies who fell asleep within the observation period; open dots indicate the remaining participants.

A result about settling

This small trial described a particular group and a short observation. It is not an 80% promise for your baby or for a modern app.

Questions this statistic cannot settle

1. How long should a machine run?
2. What happens with repeated overnight use?
3. What sound level suits a particular home setup?

What we checked

Original indexed abstract checked; this card does not reproduce unverified equipment settings or follow-up details.

[Spencer, Moran, Lee & Talbert \(1990\), White noise and sleep induction](#)

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[Full explanation: lullasure.com/research/white-noise-newborns-1990-study](https://lullasure.com/research/white-noise-newborns-1990-study)