**Noise Reduction**

When you record your audio or conduct an interview, you need to find the quietest location possible. However, in even the quietest locations, there is background noise. A computer fan, refrigerator, heat or air conditioning system, or even the lights may produce a background hum in your recordings. This noise can be removed. When you record, always start with a second or two of no talking or music. This picks up the noises in the room, which is called the room tone. You will need these seconds to remove the room tone. There are three areas where the room tone was captured in this recording, which I am circling with my cursor. Zoom in on a portion of an area where only the room tone was captured and then select it. Next, click on Effect and then click on Noise Reduction. Removing a room tone is a two step process. First, click on Get Noise Profile. This will take you back to the audio track and Audacity will use the area you had selected as the noise profile. Then you need to press control and A on your keyboard to select the entire audio track. Next, go to Effect and click on Noise Reduction again. Make sure that you preview its effect. The more the noise reduction slider is to the right, the more of the tones that make up the room tone will be removed from the audio track. Although I have the slider set to a high decibel level, when you do your recording you may find that you do not need to move the slider this far or the slider is moved too far and it affects the rest of the audio track. After previewing, if like the sound, then click on OK. Notice that the waveforms that were the room tone are now at the zero decibel line. The room tone will no longer be heard on the audio track.