

9TO5Mac This Control Center upgrade in iOS 18 quickly became my most used feature

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Control Center has experienced a lot of changes since iOS 18 launched last fall, including a [handful of additions](#) in the recent iOS 18.4 update. But there's one new feature that quickly became my go-to, and it's consistently been my most used Control Center toggle ever since.

Background Sounds: the Control Center feature most people don't know about

The App Store is home to plenty of solid ambient noise apps such as [Portal](#), [Endel](#), and [Dark Noise](#).

But did you know that iOS includes its own ambient noise feature via Control Center?

And it's something entirely separate from the recently added [ambient music controls](#) in iOS 18.4.

Apple calls its ambient noise features 'Background Sounds,' and a big part of why most people don't know they exist is that they're labeled Accessibility tools.

Here's how you can access them:

1. Open Control Center on your iPhone or iPad
2. Long-press to enable editing mode
3. Hit the 'Add a Control' button
4. Scroll all the way near the bottom to find the 'Hearing Accessibility' option
5. Add 'Background Sounds' to your Control Center

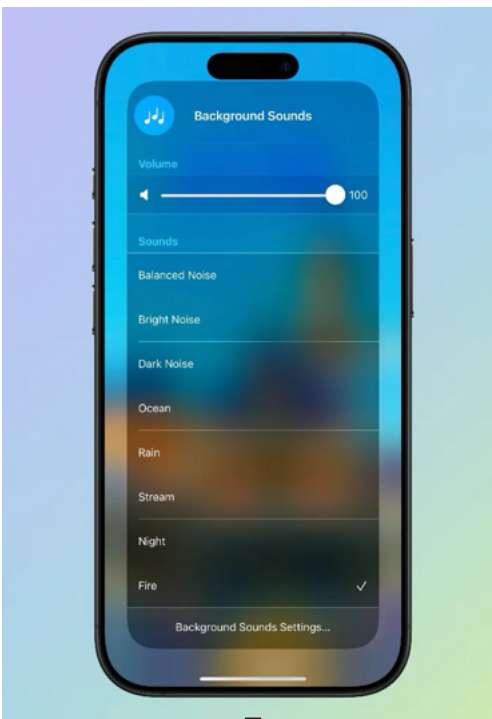
iOS has offered these built-in sounds for years, but they received a couple great additions in iOS 18—including one I use often throughout each day.

After you've added Background Sounds to Control Center, you can long-press the toggle to see a full list of available sounds.

Apple offers eight ambient noises in total:

- Balanced Noise
- Bright Noise
- Dark Noise
- Ocean
- Rain
- Stream
- Night
- Fire

New Fire sound in iOS 18 is now my most-used Control Center toggle



Out of the eight noises above, the last two are brand new in iOS 18.

And it didn't take long for Fire to become my go-to.

My experience with the other noises has been hit-or-miss, but Fire provides just the right mood that helps me get into a focused mental state for work.

Every time I'm doing focused writing, I put in AirPods Pro 2 and [ensure noise canceling is enabled](#), then open Control Center to activate the Fire ambient noise, and I'm set.

Apple has built some really nice custom settings into the Control Center toggle, including a dedicated volume slider for the feature, the option to keep noise playing even while other media plays (and with a custom volume slider for that, too), and more.

Thanks to the new Fire noise, I use Control Center's Background Sounds feature many times every single day. Easily more than any other Control Center toggle.

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