itSound Launches Four Privacy-First Sound Apps for Android

Frequency testing, tone generation and guided breathing, with audio generated on the phone and no accounts, ads or internet access.

Warszawa, Mazowieckie Nov 11, 2026 (Issuewire.com) - itSound (itsound.pl) presents a collection of four Android sound apps built around precise audio, simple controls and strict privacy. All four apps are available on Google Play.

The collection starts with Frequency Lab, which generates tones from 20 to 20,000 Hz and displays

them as a Lissajous figure, waveform, and spectrum. It also runs blind tests of frequency claims, such as 432 Hz versus 440 Hz, and calculates the odds of guessing correctly, so users can check the difference for themselves. Its Pro edition adds binaural and isochronic beats, cymatics, multi-day blind experiments, and WAV export.

Resonance Meditation works differently. The user hums a tone, and the app identifies the note and builds a session around it, with harmonies, a binaural layer, and a breathing rhythm. The app includes eight preset sequences, a custom session builder, and playback with the phone locked. It is tuned to A = 432 Hz.

Tone Generator is built for technical work. It produces tones with 0.01 Hz precision in four waveforms, with frequency sweeps and white, pink, and brown noise. Users can display notes and cents with A4 set to either 432 or 440 Hz, which makes the app useful for testing speakers and headphones, tuning instruments, and running acoustics experiments. The Plus edition adds a speaker phase test, a live spectrum, and WAV export.

Calm Nervous System offers a one-minute guided breathing session based on cyclic sighing: two short inhales through the nose, followed by one long exhale through the mouth. A breathing circle, soft tones, and gentle vibration set the pace, and the session continues with the screen locked.

Privacy is a design principle across the collection. The apps have no user accounts, advertising, or analytics, and they have no internet access. Audio is generated on the device, and voice analysis runs only in the phone's memory. Core features are free. The Plus edition of Tone Generator and the Pro edition of Frequency Lab are one-time purchases with no subscription, and current prices appear on each app's Google Play page.

"Our goal was to build tools that do one job well and leave the decisions to the user," said Albert Świączkowski, creator of itSound. "Every tone is generated on your phone, and the apps are designed to keep it that way."

[Draft quote, for approval or replacement]

The apps are intended for exploration, education, and personal relaxation. They are not medical devices and do not diagnose, treat, or prevent any condition. Voice, pulse, and breathing readings are for personal interest only.

The full collection and the features of each app are described on the itSound apps page: itSound Android apps. A Polish-language version of the page is available at Polish-language app page. For more about the project, visit itsound.pl.

About itSound
itSound (itsound.pl) makes sound apps for Android. Created by Albert Świączkowski, an author and experimenter who works at the intersection of AI, technology, sound, frequency, and human experience, itSound builds tools that are precise, easy to use, and free of accounts, ads, and analytics.

Media Contact

itSound

*********@itsound.pl

https://itsound.pl

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