#######How to make AnV videos:

In Adobe Premiere Pro:

#1-Create a new project in Premiere, can be named as "wordvariability_-4dB";

#2-Load the:

- a) normalized pink noise audio (named "normalized_pink_noise_2sec.mp4", from folder "normalized_AO_-4dB_2sec");
- b) clear word video (from folder "AV_2sec")
- c) the corresponding normalized audio tracks that have already been modified to -4dB & 2sec (from folder "normalized AO -4dB 2sec")

to the left bottom panel of the Premiere, then choose 'List view';

#3-Open timeline Window, keep it on the right bottom of the Premiere (normally that's the default place when you first open Premiere)';

#4-Drag the clear word video to the timeline window (occupying A1 & V1 channels);

#5-Drag the corresponding normalized audio track to the timeline window (occupying A2 & V2 channels);

#6-Dis-visualize V2 (by clicking the eye logo in the timeline before V2). So that the video from normalized audio track is disabled;

#7-Manually drag A2 sound track to overlay with A1 sound track. This will let the A2 sound (normalized lower decibel sound) replace the original sound track from the video;

#8-Drag the normalized pink noise audio to the same timeline window (occupying A2 & V2 channels);

#9-Press space bar and test the video to make sure everything looks ok (the talker is visible, the sound is embedded in pink noise);

#10-Save as word_-4dB.mp4 (for example, 'DEBUT_LIN.mp4' will be saved as 'DEBUT_LIN_-4dB.mp4'); Steps and settings are:

Click File--Export--Media--(FormatH.264, Preset HighQuality 1080pHD, Basic Video Settings 1920*1080)--Output Name (change the name & destination folder here)--Export to your Desktop

#######How to make An videos:

In Adobe Premiere Pro:

Follow the same steps as above, after Step #10, go back to the timeline window,

#10-2: Dis-visualize V1 (by clicking the eye logo in the timeline before V1). So that the video from the clear word video track is disabled:

#11: Export as word_a_-4dB.mp4 (for example, 'DEBUT_LIN.mp4' will be saved as 'DEBUT_LIN_a_-4dB.mp4');

Steps and settings are (same as above, except different output name):

Click File--Export--Media--(FormatH.264, Preset HighQuality 1080pHD, Basic Video Settings 1920*1080)--Output Name (change the name & destination folder here)--Export to your Desktop

#######After all An and AnV videos are made.

#12-Move the new videos to folder "AnAnV_-4dB_Oct2020", and uploaded to BOX/Shared drive.