

Audition's most advanced method for removing continuous background noise is the Noise Reduction Process Effect.

You can see the room noise all across the bottom of our recording and to begin this process we'll zoom in and use the marquee tool to select a region containing only this unwanted noise.

Under the effects menu, navigate to Noise Reduction / Restoration, and choose Noise Reduction Process.

Begin with the default preset and click "Capture Noise Print" and notice that audition's analysis shows our noise lies at the low end of the frequency range. The green color marks the threshold below which our noise will be reduced so I want to increase that to 100% so all the noise is included.

Then I'll use a looped playback to adjust the reduction amount to taste.

Then I can back off the noise reduction in order to retain as much of the original signal as possible.