

Rests

Music

Silence has the same lengths as sound — and the same names.

Rests mirror note values exactly. A bar of 4/4 must total four beats of notes and rests together.

Rest	Beats	How to spot it
Whole	4	Hangs below the 4th line
Half	2	Sits on top of the 3rd line
Quarter	1	The squiggle
Eighth	$\frac{1}{2}$	One flag
Sixteenth	$\frac{1}{4}$	Two flags

Whole rest hangs, half rest sits — that is the pair everyone confuses.