What is it?
Pastes the contents of the Clipboard over the current selection.

How to use it
If the selection is longer than the Clipboard's sound, it will paste the Clipboard's entire sound.   If the selection is shorter than the Clipboard's sound, it will paste as much of the Clipboard's sound as room allows.

Notes
Paste Over automatically compensates for differences in the Clipboard's sample rate and size.

See "Show Clipboard" for more information.