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.