

# Sources of Noise Pollution in Your Home



**Noise pollution** disrupts your peace and impacts health, often stemming from common yet preventable sources. Let's explore the main culprits and practical ways to reduce their impact.

## What is Noise Pollution?



**Definition:** Noise pollution is unwanted or excessive sound that disrupts daily life. One-third<sup>1</sup> of Americans often face loud noise exposure.

**Key Effects:** Sleep disturbances, stress, and potential hearing damage.



## The Major Noise Sources Around Your Home



### Transportation Noise

**What It Includes:** Traffic noise from highways, sirens, aircraft, and trains.

**Key Insight:** Road traffic noise impacts 95 million<sup>2</sup> Americans.

**Mitigation:** Noise barriers, soundproof windows, vegetation.



### Construction Noise

**What It Includes:** Bulldozers, jackhammers, cranes.

**Key Insight:** Common in urban areas and temporary but loud.

**Mitigation:** Scheduling awareness, noise-canceling device.



### Neighborhood Noise

**What It Includes:** Barking dogs, loud parties, leaf blowers.

**Key Insight:** A leading source of noise complaints in residential areas.

**Mitigation:** Open communication, local noise ordinances.

## How Does Noise Pollution Affect You?



### Stress and Irritability:

Linked to higher cortisol levels.<sup>3</sup>



### Sleep Disruptions:

Noise levels above 45 decibels at night can cause insomnia.<sup>4</sup>



### Hearing Loss:

Prolonged exposure above 70 decibels can lead to permanent damage.<sup>5</sup>



## Solutions to Reduce Noise Pollution



### Step 1: Identify the Source

- Is it coming from outside (e.g., traffic, neighbors)?
- Or is it coming from inside (e.g., appliances, HVAC systems)?



### Step 2: Quick Fixes

*For Outside Noise:*

- Plant dense shrubs or trees to act as natural barriers.
- Build fences or walls where possible.

*For Inside Noise:*

- Use thick rugs or noise-blocking curtains.
- Rearrange furniture to block sound paths (e.g., bookshelves along noisy walls).



### Step 3: Long-Term Upgrades

- Replace single-pane windows with double-glazed or laminated options.
- Add soundproof insulation to walls, ceilings, or floors.
- Install weather stripping and door sweeps to seal gaps.