

## Noise Action Week 26<sup>th</sup> - 30<sup>th</sup> April 2010.

Driven crazy by noise from your neighbours? You're not alone. Whether it's barking dogs, DIY, intruder alarms, revving cars or loud music, research shows that noise affects 40% of people in the UK.

Noise Action Week (26 – 30 April), an annual event organised by Environmental Protection UK, aims to raise awareness of noise problems and promote simple, practical solutions to avoiding disturbing neighbours.

Exposure to constant noise is not just irritating, studies have shown it can lead to physical and emotional stress, sleep disturbance and serious health conditions such as raised blood pressure and even heart attacks.

To help householders tackle their noise problems, Environmental Protection UK is re-launching its Quieter Homes website -[www.quieterhomes.org](http://www.quieterhomes.org) - during Noise Action Week. The site, which is packed full of practical tips to minimise noise and advice on how to handle a noisy neighbour, will go live on Monday 26 April.

Phillip Mulligan, Chief Executive of Environmental Protection UK, said: "Noise affects the quality of life of millions of people across the UK, causing a multitude of problems from sleepless nights to anxiety and even health problems.

"But you don't need to suffer in silence- there are often simple, practical solutions to noise problems. Our revamped Quieter Homes website is a valuable resource for all those looking for a quieter life."

Noise Action Week gives everyone involved in managing noise problems the opportunity to focus public attention on the difficulties that excessive noise can cause and raise awareness of services available.

Each year, local authorities and organisations around the UK hold events highlighting noise problems in their areas, ranging from barking dogs and intruder alarms to loud music, licensed premises and transport noise.