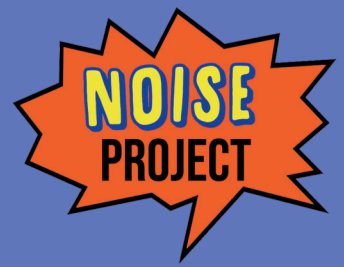


# Noise In Your Neighborhood

## Collect Data & Make A Change!



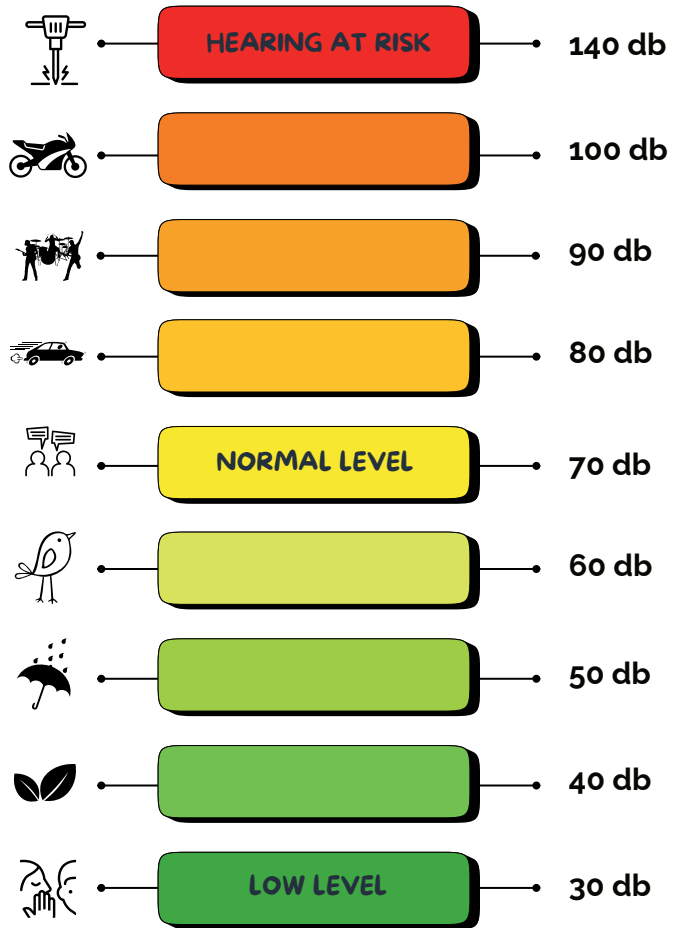
### Noise Pollution

Did you know noise pollution can cause health issues such as hearing damage, stress and high blood pressure? Noise pollution is known to be unhealthy not only for humans, but for wildlife as well. Monitoring noise pollution helps to understand your surroundings and ultimately promote a better quality of life for you and your neighbors!

### How Is Sound Measured?

Noise pollution is typically measured in Decibels (db), which are used to quantify the intensity of a sound. For example, a whisper is typically 20-30 db, normal conversation is around 60-70 db, and loud construction can be more than 100 db. The higher the number, the louder the sound. These measurements are presented in the provided "Noise Level Decibel Chart". These measurements are assessed by special devices called "Decibel meters", which are available for free on your smartphone!

### Noise Level Decibel Chart



### Spread The Silence!

Attention Citizen Scientists: it's too loud! Noise pollution is a problem and YOU are the solution. We need your help to create safe spaces for peace and quiet in your neighborhood. These spaces are referred to as "Noise Refuges".

Download Your Free Decibel Meter From "The Noise Project App" To Get Started!



## What's A Noise Refuge?

A Noise Refuge is a designated space designed to escape the noise of everyday life. They can be found in parks, gardens, and even your local libraries! Noise Refuges aim to promote focus and relaxation by providing a calm and quiet alternative to loud environments.

## Plan

Choose a time of the day when there is the most activity in your neighborhood. Determine a path that includes 3-5 safe and accessible test locations near your home to test sound levels. What places in your neighborhood produce the most noise? How about the least noise? Your journey should be completed in less than 1 hour.

## Prepare

Create your free SciStarter account at [SciStarter.org](https://SciStarter.org). Search for the "Noise In Your Neighborhood" SciStarter library kit page, watch the "NOISE Project" videos, and follow the step by step instructions. When choosing your test spots, refer to the location questions provided on the kit page to help determine your route. Download the "NOISE Project" app via smartphone by using the QR code on the front of the sheet.

## Map The Sound!

Your mission is simple: Find a Noise Refuge in your neighborhood! Use the Noise Project Decibel Meter App on your smartphone to track the noise levels of your neighborhood. Map your noise data to the app's community map so you and your neighbors can find some peace and quiet! the app will ask a few questions to describe your experience for each location that you choose. Once completed, use the QR code to take the noise survey and submit your data, which will be collected by the National Science Foundation.

Your neighborhood might be noisier than you think!



## Looking For More?

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Noise  
Survey  
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