



**QUIET INDIA**

Healthier India

# Noise-Free Homes Toolkit

## A Practical Guide for Peaceful Living

### 1. Why Noise-Free Homes Matter

- Well-being: Reduces stress, improves sleep, and supports mental health.
- Productivity: Helps you focus better in work-from-home or study environments.
- Family Bonding: Encourages calm conversations and positive relationships.

### 2. Identifying Common Sources of Home Noise

- External Noise: Traffic, construction, neighbourhood activities, loudspeakers.
- Internal Noise: Appliances, TV, loud furniture movement, plumbing, kids' play areas.

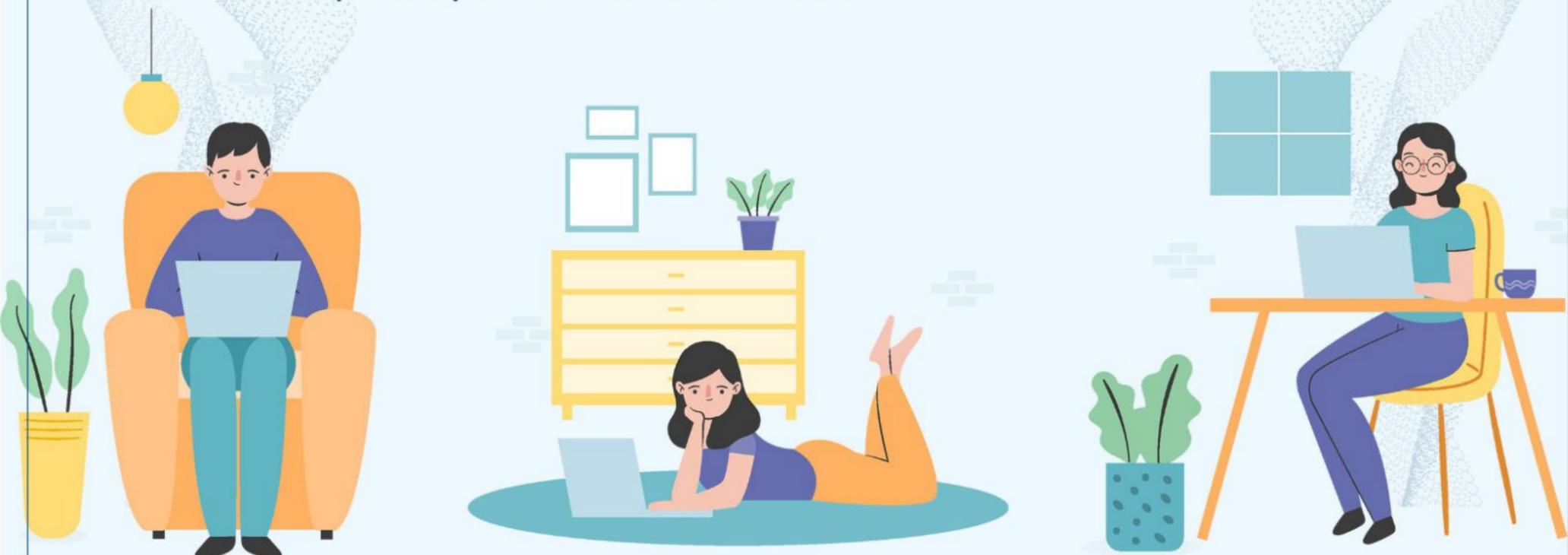
### 3. Soundproofing & Infrastructure Solutions

#### A. Quick Fixes (Low-Cost):

- Use heavy curtains and rugs to absorb sound.
- Place rubber pads under furniture legs.
- Seal door gaps with draft stoppers.
- Add cushions and soft furnishings to reduce echo.

#### B. Long-Term Investments:

- Double-glazed windows and acoustic doors.
- Insulated walls and ceilings.
- Carpets or wood flooring instead of tiles.
- Green walls or potted plants to buffer outside noise.



#### 4. Lifestyle & Behavioural Adjustments

- Keep TV/music volume moderate.
- Schedule noisy tasks (drilling, washing machine) during the day.
- Create designated play areas for children.
- Adopt “Quiet Hours” in the household.

#### 5. Toolkit for Noise-Free Homes

##### Do-It-Yourself Tools:

- Noise Meter App: Monitor decibel levels indoors.
- Quiet Log: Track noisy times to identify patterns.
- Checklist: Inspect windows, doors, and furniture for noise leaks.

##### Community Tools:

- Talk with neighbours about noise etiquette.
- Organize “Silent Evenings” in housing societies.
- Report persistent community-level noise violations.

#### 6. When to Seek Professional Help

- If your home is near highways, airports, or construction zones.
- If home offices or bedrooms need strict sound control.
- If family members suffer from disturbed sleep or stress due to noise.

