



## INFORMATION FORM ON SOUND POLLUTION

According to the World Health Organization, noise is the unwanted sound. Sound is a complex pattern of sound waves that is picked up by the ear and is called noise, speech, or music. Sound can be defined as any variation in pressure, in air, water or any other medium that the human ear can detect / detect. The level of annoyance associated with a noise is not only dependent on the quality of the sound but also on our attitude towards it. Soft music can be pleasant for someone who wants to calm down, but for someone who is trying to fall asleep, it can be considered an unwanted nuisance.

Our noise tolerance (daily and for a long time, there is a possibility that they will affect our hearing and gradually cause damage to us. It is also important to mention that they directly affect the hearing. Our physical and mental health results in increased stress and anxiety. Researchers have shown that it can cause mood swings, nerves, insomnia but also a reduction in augmentation that in extreme cases should not lead anyone to irritability, aggression, and generally antisocial behavior.

It is therefore necessary for all apartment owners / tenants to take the necessary measures to avoid making noises that may disturb those around them but also create problems for them.

Measures to deal with and combat noise pollution:

- Observance of common quiet hours in the apartments and in the common areas. According to the legislation the common quiet hours are 13: 00-16: 00 and 00: 00-06: 00.
- Reduce the intensity of electrical appliances where possible such as radio and television, as well as the use of similar appliances. Where it is not possible to check the volume such as for example vacuum cleaner or stove, washing machine, hair dryer; etc. not use them in hours outside the common quiet zones.

Sometimes as much as we want to avoid loud noise, even in quiet hours, this is unfortunately not possible since from time to time it is natural to have some extraordinary disturbances, such as renovations and moving of tenants out of the units, as well as gatherings for celebrations inside the apartment.

In such cases we advise you to inform the Management Committee through the Management Company of your building, so that they take the necessary measures such as informing all the tenants / owners of the building to avoid any misunderstandings. By reducing and combating noise pollution where possible, we show above all respect for our fellow human beings and at the same time strengthen the good relations with our neighbors and co-owners of the building.