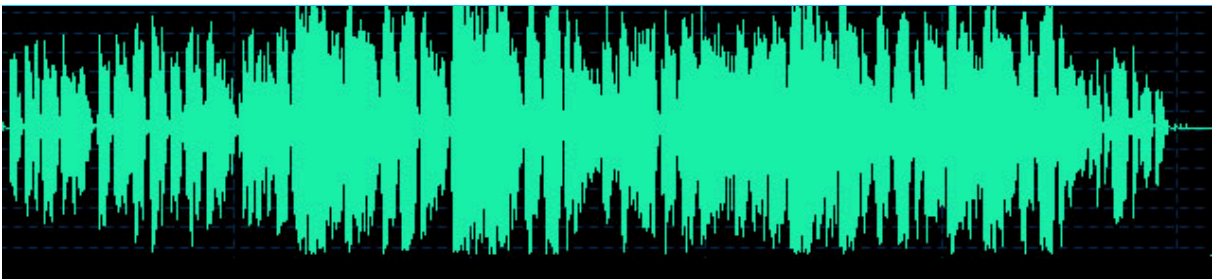


COPING WITH NOISE:

Suggestions on how to aid sleep while we deal with your noise complaint.



Shetland Islands Council



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Sound Advice - helping you cope with noise

Relax before bedtime

Reading a book or having a bath is a great way to relax your body and mind before you sleep.

Limit outdoor noises

If you have a window open, closing it will help block out some of the noise.

Go for a walk before bedtime

Walking will help to use up any built up energy you have, and it will also give you time to clear your head.

Count

Try counting aloud or in your head. This technique helps to clear your mind and distracts you from other noise.

Close your eyes!

Lying in bed staring at the ceiling will not help you get to sleep, so get comfortable and close your eyes!

Create a consistent noise

Noises can be distracting if they change often, such as a piece of music, noise from a party or banging. Consistent noises such as a fan or low-level white noise can help you sleep.

Use ear plugs

If the noise is very loud and distracting, noise plugs or ear defenders are a great way to limit surrounding noise, although they can be uncomfortable.

Avoid large meals

If you have a large quantity of food, your body will need to process it and this will leave you restless before bed. Have something filling, light and warm.

Sleep in another room

If the noise is hampering your sleep, try sleeping in another, quieter room.

Relaxation techniques

Try slow, deep breaths. Contract and relax muscles one by one, starting with your feet.

For more information, please contact Environmental Health:

Tel: 01595 744800

Email: environmentalhealth@shetland.gov.uk - <http://shetland.gov.uk/environmentalhealth>

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