

Noise is bad for your health

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- Noise causes Stress: „From a noise level of 60 dB (A) and above symptoms of stress can begin to appear: sleep loss, decline in physco-motor and intellectual performance“ (*Prof. Lehmann, Max-Plank-Institut*).
- Noise causes cardiac problems: according to the Berlin Institute for Water, Soil and Air hygiene individuals who are exposed to average noise levels above 65 dB (A) during the day – one sixth of the German population – have a 20% higher risk of heart attack.
- Sustained exposure to noise and disturbing sounds also means that the body produces a steady stream of adrenaline, a state that can lead to hypertension, psychological problems and sexual dysfunction (*Time, July 98*).

Noise and children

A study conducted in Munich shows that children attending a school near the airport had a reduced cognitive ability in the area of memory and language comprehension (*Psychological Science 1995, 1998*).

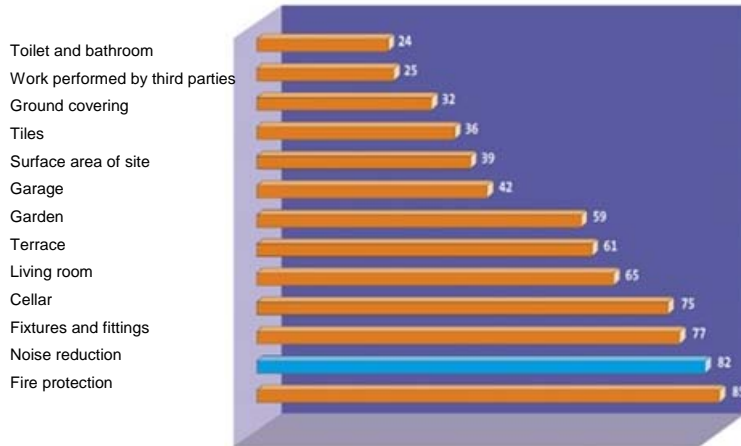
A form of polution

Paradoxically, although there is a world-wide battle to combat certain specific forms of pollution, the deterioration in the quality of life due to noise pollution is steadily increasing.

- 65 % of the European population is regularly exposed to noise intensities above 55 dB (A) and 16 % to more than 65 dB (A) (*European Environment Agency*).
- Noise abatement measures for cars are offset by the growth in traffic and the development of leisure activities (*European Commission: Future noise policy, 4.11.1996*).

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The population is not willing to economise on:



% of 2600 respondents

(German National Association of the Concrete Industry, 1994)