
Are you being too loud?

1. What noises are caused by daily life?

Some noises that happen during daily life include: sounds from the TV, the sound of opening and closing doors, the sound from a piano, and other sounds that occur from day to day life at home.

Since these noises are a part of daily life, it goes without saying that we cannot ask someone not to make any sounds at all.

Sounds are perceived differently by everyone. Sounds that you may make during your daily lives that are "unavoidable" for you or "enjoyable" to you may be taken as "noisy" and "unpleasant" to those around you.



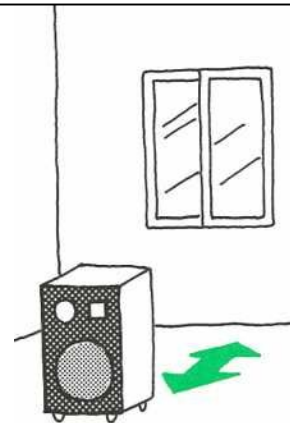
It is important to pay attention to the kinds of sounds you make during your daily lives, and to take care not to make unnecessary noises and to try to make unavoidable sounds quieter.

Taking the time to do things such as greeting or getting to know your neighbors, in other words, having a welcoming relationship often leads to there not being any problems with noises made during our daily lives.



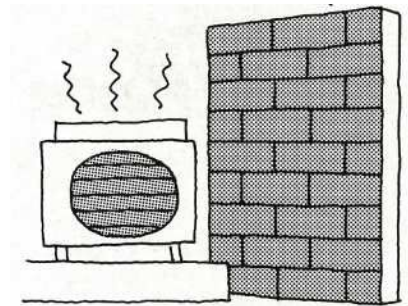
**I. Sounds from audio equipment
(speakers, TV, piano, etc.)**

- Be careful when using equipment that make sounds by avoiding using them early in the morning or late at night.
- Try to limit how much sound is made by closing the windows, adjusting the volume, or by using headphones.
- Soundproof your home to limit sound leakage such as by installing a soundproof sash window.



**II. Sounds from household appliances, house equipment, etc.
(air conditioners, vacuum cleaners, etc.)**

- When installing an outdoor unit, choose a location as far away from the neighboring house as possible, and if necessary, set up a concrete-block wall, among other methods, to soundproof the unit.
- When buying household appliances, try to choose items that do not make that much noise.
- Try not to use household appliances early in the morning or late at night as much as possible.



Be considerate to others ♪

III. Sounds early in the morning and late at night (idling cars, motorcycles, etc.)

- Do not leave your vehicle idling or rev your engine early in the morning or late at night.
- Try not to clean your home or do your laundry early in the morning or late at night.



**IV. Other sounds
(opening and closing doors, windows, etc.)**

- Be careful not to make a loud sound when opening or closing doors and windows.
- Walk quietly while indoors. Sounds become louder as they travel downstairs.



