**Noise pollution**

Intro

What Is Noise Pollution ?

- Excessive Or Unwanted Sound

- More than annoyance

- Effects on health environment and even the economy

- Let's learn more about different facets of NP & Tackle

- NP is an increasingly prevalent issue that raises probs in various ways

- Let's explore it's [Effects, sources, Regulations, and more]

— Effects on health

» Hearing Loss - prolonged exposure to loud noise can lead to irreversible hearing damage

» Sleep Disturbance - Noise disrupts sleep patterns leading to fatigue and reduced focus

» Stress and Anxiety - continuous noise exposure can increase stress levels and anxiety