

# New noise log detailing everything heard as advised by WDH on the 15th

Everything logged is heard over our TV and computers.

## [Day 1]

### Key

- Very loud & Stressful
- noisy, stressful after extended time
- Acceptable noise

Our upstairs neighbours have caused us both huge amounts of stress to the points where we're both experiencing very fast heart beats for hours on end, sometimes the entire day, chest pains and extreme anxiety which has never been a problem for us until we moved in here and was exposed to constant banging.

I'm currently waiting for a call from a mental health professional from the NHS on the 27<sup>th</sup> because if this carries on, we're going to have heart attacks, as I type this all I hear is banging and my chest feels like tight nettle stings, something I've never experienced before until recently when things seem to get worse from upstairs.

So far before this log there has been walking around and banging all day, as well as lots of people at the door and lots of visitors, we went out for a couple hours to get away from it between 15:00 and 17:00

17:10	loud talking, possibly shouting, not sure due to muffled audio.
17:20	lots of loud talking, walking, banging, laughing above kitchen, hallway, bathroom, Livingroom ect..
17:28	dog crying sounds, probably shut in a room whilst people are over.
<turned tv up to try cover, not that it helps>	
17:30	door slam
17:32	shouting, banging
17:34	stomping & shouting
17:39	loud bangs, like an avalanche
17:39	door slam
17:40	playing with dog
17:43	running down stairs, front door slam
17:42	dog crying / howling sounds
17:45	dog crying / howling sounds gets significantly louder and begins to bark too
17:49	banging sounds
17:53	banging
17:53	walking
17:55	banging, avalanche sound
17:57	dog crying
17:59	shouting / loud talking
18:01	stomping
18:02	banging
18:02	dog walking around
18:03	running, banging
18:07	dragging sound
18:08	loud talking, cupboards banging sounds
18:10	cupboards banging sounds
18:11	talking
18:13	walking fast
18:13	loud talking / laughing
18:14	bang
18:14	lots of banging, stomping
18:17	loud talking
18:20	Banging / door slamming
18:22	Loud talking
18:24	Bang with vibration
18:25	Loud talking
18:27	Dog or people howling, hard to tell which
18:30	Lots of loud talking and walking
18:34	Loud walking

18:36	Shouting woooo (could be dog howling but sounds human compared to normal)
18:40	Loud talking / walking
18:45	music
18:45	Talking louder
18:47	Walking around
18:48	banging
18:52	banging
18:58	Loud talking & walking around
19:01	Talking at normal levels
19:04	banging
19:05	Temporarily No walking or banging
19:11	Running on stairs
19:12	Light Banging / walking
19:13	Dog crying
19:14	Door slam
19:24	Our washing machine has reached the loudest point of it's spin and we can hear them talking over it they're so loud.
19:28	Normal talking
19:29	Stomping and banging
19:29	Lots of banging, house shaking
19:30	Stomping and banging
19:32	Banging, stomping, running, dog joining in
19:33	Hammering sound
19:34	Loud walking
19:36	walking
19:38	Normal walking
19:38	stomping
19:39	Dog balking
19:39	Running on stairs
19:40	banging
19:42	Stomping, vibration shaking things
19:45	Loud talking
19:46	Stomping around
19:47	Walking around
19:48	Louder walking
19:50	Normal walking
19:53	Normal talking
20:02	Walking around
20:04	Walking Around
	<went out for short walk to try destress>
20:24	stomping
20:26	Loud walking around
20:27	stomping
20:28	Loud talking
20:28	Loud walking around and dragging sound
20:30	Cupboard banging
20:31	Stomping / loud walking followed by banging and running
20:32	Very loud bang
20:33	Running on stairs, Door slammed shut
20:44	they come back, slammed door, ran up stairs
20:45	Shouting and banging
20:48	Walking around
20:50	Walking around
20:59	Walking around
21:09	Walking around
21:10	Light banging
21:11	Dog walking around
21:11	Loud talking

21:12	Normal talking
21:13	Light banging and talking
21:15	Dog running
21:16	Loud talking
21:17	Loud walking
21:17	Loud talking, possible yelling, hard to tell
21:18	Walking around
21:23	Walking around with dog
21:23	Shouting very loud, unable to tell what though
21:24	Loud banging
21:24	Very Loud Talking
21:25	Loud talking
21:26	banging
21:27	Dog running around
21:28	Loud walking
21:29	Louder walking
21:32	Normal(ish) talking
21:33	Shouting
21:34	Loud talking
21:35	shouting
21:36	Normal(ish) talking
21:37	Loud talking
21:38	stomping
21:39	Loud Bang
21:40	stomping
21:40	Loud talking, possible yelling and more stomping
21:40	Running on stairs, door slam
21:41	Slight but if quietness, just enough time to destress in time to re-stress
22:06	Came running back in shouting wooo or something whilst banging after talking to someone on a motorbike
22:10	banging
22:12	Light banging
22:15	Walking around
22:15	Loud bangs
22:16	Normal talking
22:17	Stomping around
22:18	Banging, shaking guineapig cage and light
22:19	Walking around
22:21	Light banging
22:22	Shouting & banging
22:22	Running on stairs, door slam (the main person being noisy today may have just left)
22:23	Dog running around
22:23	Light Banging
22:24	Normal Walking Round
22:28	Normal Walking Round
22:40	Dog Snoring
22:25	Light walking round
23:23	Dog Snoring
23:25	Light walking round
23:31	Light walking round
23:31	talking
00:00	Walking around
00:05	Music, but not too loud however the bass can be felt
00:06	talking
00:08	high bass music, lots of vibrations and banging from the bass (if it was daytime, music like that would be no problem in small portions)
00:19	Bangs, talking loud, music still loud
00:22	Bass turned up even more, things vibrating
00:24	Loud talking

00:24	Angry yelling
00:25	Stomping around
00:35	Banging, still very loud music playing, both very stressed with headaches.
00:36	Walking around (red because of music combination)
00:43	Music stopped, then walking around, then music back on
00:48	Music went off, followed by shouting
00:49	Music came back on
00:51	banging
00:52	Bass goes up yet again
00:52	Walking around (red because of music combination)
00:53	banging
00:55	Cycling through music, all full of banging sounds like a nightclub with ongoing construction.
00:58	Played a very annoying track what was just banging for a couple minutes before moving onto other annoying bass-heavy music
01:02	Current music sounds like a lode of angry bees
01:08	Back to club style bass music
01:12	Walking, talking (still bass-heavy music playing)
01:19	Music ends, another one is put on
01:25	Bass increased, can now feel it through the floor.
01:27	Walking around (red because of music combination)
01:45	Music still being played with heavy bass
01:48	Light banging (red because of music combination)
01:54	Talking and walking
01:55	Talking loud, likely due to volume of their music
01:55	Walking around (red because of music combination)
01:56	Louder talking
01:57	Walking (red because of music combination)
01:58	banging
02:00	Still playing very annoying loud, bass heavy music
02:00	Loud talking
02:01	Bass turned up significantly.
02:05	Place is shaking with base, my chest is killing, this place is unliveable thanks to them!
02:06	Loud talking, loud music
02:07	Loud talking
02:08	Mutilated attempts of singing
02:09	banging
02:10	Loud talking
02:11	Loud talking, loud music
02:12	shouting
	Extremely stressed and both ended up in tears wishing we hadn't got this flat.
02:22	shouting
02:27	Loud bang
02:30	Still playing very annoying loud, bass heavy music
02:35	talking (red because of music combination)
02:42	talking (red because of music combination)
02:45	Walking around, music still playing loud
02:50	Talking and attempting to sing along to some shitty rap music, somehow butchering the track further
03:00	Still playing loud bass-heavy music
03:03	Loud talking
03:04	stomping
03:30	Still playing loud bass-heavy music
03:30	walking
03:32	Music now sounds like hammering and various construction
03:45	Music finally stopped, now it's just walking sounds we're going to try get some sleep, we are meant to be going to Pontefract this morning but it's looking unlikely now