

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

Everything logged is heard over our TV and computers.

[Day 7]

Key

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

This was a very noisy period, just as bad as when we originally reported it, the only thing that hasn't happened recently is music playing but it'll probably come back soon. Theirs's been stomping around and banging all day and night, both of us have been extremely stressed and had no chance of getting any sleep at a normal time. At 22:30 Lucy's nana who lives up the road came over for a cup of tea, she's 90% deaf, yet could hear all the banging from upstairs. She also has a downstairs flat but it's always nice & quiet.

Another day and night of almost constant stress, Things banging, shaking, vibrating and when they weren't, we're constantly stressing that it's about to do it again. We haven't been able to have any relaxation since we first moved in, every day lately is depressing, especially the rare occasion family still wants to visit us for whatever reason and they get nothing but banging to listen to.

11:00 – 14:33	Got up and went straight to Lucy's mums house to feed dogs and cat, some noisy walking around. Likely shoes on hard wood floors and little sound proof between our flats
14:33	Dog barking and running on stairs
14:42	Light banging
14:44	Walking around
14:46	Dog running around
14:57	Running around
14:58	Light Banging
14:59	Light banging and walking around
15:00	Dragging noise
15:10 – 19:10	Went into town to get some shopping, some light banging when we left, some heavier banging when we came back but only for a few minutes, think someone went out.
19:20	Light Walking around
19:25	Walked into kitchen, turned on microwave, followed by light walking around
19:30	Light walking around, dog walking
19:33	Light walking, normal door closing
19:37	Light walking around, Dog following
19:41	Walking around
19:48	Light bangs
19:49	Light Walking around
19:50	Light bangs, walking around
19:51	Dog running around
19:53	Light bang
19:55	Light bangs, Light walking, Dog running
19:56	Light Bang
20:01	Light Walking
20:04	Walking around
20:09	Light Walking
20:10 – 21:30	Went to let down for a bit, we were both tired and our bedroom is the most soundproof room of them all, could be that they have carpet up there or more insulation in the ceiling we're not sure, however even with that we spent over an hour struggling to sleep because whoever's currently in decided to bang around the house pretty much the entire time we were laid down
21:59	Very loud bangs, stomping, shaking things
22:01	Light bangs
22:11	Dog walking
22:17	Dog snoring
22:20	Loud bangs, stomping
22:23	Loud walking about
22:23	Dog running around
22:24	Walking around, light bang, talking

22:27	Loud talking, light walking
22:35	Dog walking
22:37	Walking around
22:37	Loud bang
22:39	running
22:41	Walking around loud
22:42	Stomping
22:46	Walking around loud
22:49	Stomping
22:51	stomping around
22:52	banging
22:54	Walking around loud
22:56	Walking around
22:57	Stomping
23:00	Walking around loud
23:04	Stomping
23:05	Walking around
23:06	Loud walking, not quite stomping this time
23:07	Dog running around
23:09	Dog running round
23:10	walking
23:13	Loud walking around
23:13	Dog running
23:14	Banging, stomping, shaking everything
23:17	Dog running
23:19	Light bangs
23:20	Dog walking, light bangs
23:22	Walking around
23:23	Dog running around, loud walking, bangs, followed by stomping sounds that made things shake again.
23:26	Running with dog
23:27	Stomping around, shaking everything again.
23:28	Loud bangs
23:29	Dog running, stomping about, shaking everything again
23:30	Loud bang
23:32	Stomping around, dog running
23:38	Dog walking, light bangs
23:42	Walking around
23:44	Dog walking around
23:46	Walking around
23:47	Loud walking around, turned to stomping, shook things again
00:01	Light bangs
00:08	Dog running around, walking
00:31	Light bangs
00:32	Walking around
00:33	Loud walking around
00:35	Dog running around
00:36	Loud walking around
00:37	Stomping around, making everything vibrate again
00:38	Walking, Dog running, talking
00:41	small earthquake
00:44	Dog snoring (no idea how it managed to sleep in that noise! Must be louder down here than up there)
00:47	Light walking around (if it was like that all the time there wouldn't be problem)
00:54	Light walking (assumably because their dog's sleeping)
00:56	Dog walking, normal walking
00:59	Light bang, dog walking
01:00	Light walking, light bang, Dog running, (likely playing with the dog)
01:01	Walking around, dog walking, talking
01:02	Light bangs

01:03	Light walking, Dog walking
01:06	3 loud bangs followed by stomping
01:07	Loud walking around
01:08	Walking around
01:11	Light bangs, dog running
01:13	Very light bangs
01:14	Walking around, talking
01:15	Running down stairs, shut door, not slammed but not quite ether (think the noisy guy might have gone out)
01:49	Light bang
01:52	Very light bangs, dog snoring
02:09	Dog walking, followed by 2 loud bangs
02:10	Walking around
02:20	Dog Snoring
02:25	Walking around, light bangs
02:26	Light bangs
02:28	Walking around, some slight banging, vibrating stuff
02:37	Dog walking down stairs
02:48	Walking around, dog walking
02:49	Walking around
02:50	Loud bangs, shook everything
02:53	Walking around, Dog running
02:58	Light bang
03:04	Dog walking around, light bangs
03:09	Dog walking
03:19	Light walking around
03:20	Light bangs, light walking
03:23	Light walking around
03:26	Light bang
03:34	Light bangs
03:37	Walking around
03:39	Stomping around everywhere making everything shake
03:42	Loud bangs, dragging things around the floor
03:43	Walking around, dog walking
03:49	Light dragging sound, dog walking fast
03:50	Banging, walking
04:06	Light walking followed by light bangs
04:07	Dog Snoring
04:16	Walking around, dog running, dragging sounds
04:23	Light walking around
04:33	Dog snoring
04:50	Light bang
04:58	Dog walking around
05:00	<p>Going to bed now at 5am after another stressful night, we severely regret selecting this flat, our lives are hell now, every single day a night were listening to random deafening banging... and when we're not, were stressing about it going to start back up, we can't even have our family round anymore for the night and we have nowhere else that we can go for sleep on convenience or short notice. our sleeping patterns didn't used to be like this, before we came here, we would on average be in bed for 1am at latest and up at 10am, which wasn't grate but now it's always up until about 6am and waking up whenever we get woken up from the noise upstairs, unless we're lucky enough to make it to an alarm. And going to bed even when it's quite now I ley there for hours on end staring at the ceiling just going over in my head how bad everything is and that nothings getting any better here.</p> <p>I tried to go to the doctors because it's all I ever think about any more, I cant concentrate on anything, I mess things up getting side-tracked, I don't enjoy playing games anymore, I just feel depressed all the time now and its completely because of the noise from upstairs, but I couldn't even see a doctor, instead I got put off for 3 days and some out of hours guy called me and recommended therapy which isn't going to fix my new almost constant chest pains I'm having from all the stress.</p> <p>Lucy's also having new strange medical issues, she's currently 2 months into her monthly normally 1 week long period.</p> <p>If this doesn't change soon, the stress is literally going to kill us.</p> <p>Lucy was already jumpy before we moved in, every time they bang she thinks they're banging at her and it scares her, which in term makes me furiously angry and there's nothing I can do about it other than this, and I hold it in until it turns into depression, crying, hurting myself in rage or whatever else..</p> <p>She has 2 heart conditions of which we've told the people upstairs within a posted letter and nothing changed, we've tried knocking on there doors on many occasions when they've been stomping around and they never answer, its clear they don't care whatsoever about their neighbours. I'm supposed to be Lucy's carer and I can't fix this</p>