

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

Everything logged is heard over our TV and computers.

**[Day 8]**

## Key

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

Stomping about all over the place all day and night loud banging, stomping, running etc. completely impossible to get any sleep (which again has cause us to miss an opportunity (details in bottom logged entry)

There must have been a 10-hour period of just none stop walking yesterday, it's ridiculous, they save the most of the walking until early hours (00:00 – 07:00)

Life under these conditions is a constant hell, we don't have a sleeping pattern any more, family won't stay over, can't concentrate on anything tons of new medical problem, lost track of online GitHub code projects that I kept on top of for years until moving here. And left websites to fall to ruin because I lost all enthusiasm for them.

06:37	Dog running around, walking around
06:38	Playing with dog, talking
11:00	Walking around
11:04	Loud walking around
11:11	Walking around
11:15	Dog walking around
11:19	Dog running around
11:28	Loud walking around
11:34	Light bangs
11:39	Walking around
11:43	Dragging sounds
11:51	Light bangs
11:59	Walking around
12:03	Dog walking around
12:08	Loud walking around
12:13	Light bangs
12:18	Loud walking around
12:19	Dog walking around
12:37	Light bangs
12:44	Running
12:51	Walking all over the place
12:57	Walking around loudly
13:08	Dog running, walking around
13:16	Light walking around
13:21	Light Bangs, walking around
13:27	Dog walking around
13:34	Light walking around
13:38	Walking around
13:42	Light walking around
13:45	Walking around
13:52	Loud walking around, dragging sounds
13:57	Light bangs
14:00	Walking around
14:03	Light bangs
14:05	Walking around
14:10	Floorboards creaking followed by walking around
14:11	Light bangs
14:12	Light walking around
14:16	Walking around
14:24	Light bangs, light walking
14:25	Floorboard creaking sounds

14:28	Walking around
14:30	Walking around, running down stairs, slammed door
14:31	Came back in this time without slamming door, walked up stairs more human-like
14:32	Light bangs
14:34	Light walking around
14:35	Walking around
14:36	Light bangs, dog running around
14:37	Light bangs, dragging sounds, loud walking
14:38	Running down stairs, putting something in dustbin, running back upstairs, loud bang, possibly door
14:39	Loud bangs
14:40	walking around
14:43	Loud walking around, dog walking
14:44	Walking around
14:45	Banging sounds
14:48	Light bangs, more walking
14:49	Bangs from other side of house
14:51	Louder bangs from other side of house, shook things over this end
14:51	Running down stairs then straight back up
14:52	Loud bang, like dropping multiple items, followed by running on stairs
14:55	Walking around
14:57	Loud walking around
15:02	Walking around
15:03	Light bangs
15:04	Walking around
15:05	Dragging sounds
15:09	Running down stairs, slamming door, running back upstairs
15:11	banging
15:13	Floorboards creaking followed by banging noises
15:14	Walking around
15:15	Lodes of banging noise
15:17	Light bangs
15:18	Walking around, dragging, cupboards banging
15:20	Lodes of banging about and walking, we're both very stressed now so going for another un-Nassery walk into town that we don't need to get away from it for a bit.
17:20	Came back to it being nice and quiet, there's defiantly someone upstairs, we can hear them walking around, but a lot quieter than normal, if they could walk just half as quite as they are currently, we wouldn't have any problem. It must be the smaller guy who's currently in because it's always quitter when he's in, however this time it's the quietest it's been in a long time.
17:24	Very lite walking around
17:27	Very lite walking on stairs
17:32	Very lite walking
17:39	Lite walking around
17:45	Lite walking, dog walking
17:51	Lite walking around
18:00	Light bangs
18:11	Walking around
18:15	Dog walking around
18:23	Light bang
18:32	Walking around
18:36	Bang sound, possibly door
18:42	Walking around
18:43	Loud walking, dog running
18:44	Talking followed by light banging noises and dog walking fast
18:48	Walking around
18:50	More walking around
18:56	Light banging noises
19:00	Walking around

19:05	Banging noises
19:07	Running on stairs
19:08	Running on stairs, walking around
19:09	Banging, running downstairs, went out and shut the door
	Quite period whilst they were out
21:39	Came home, went upstairs, banging, running
21:40	Walking, light bangs
21:42	Walking around
21:43	Banging noises
21:44	Stomping around
21:45	Banging about
21:47	Stomping more
21:50	Loud walking all over place
21:52	Loud talking,
21:53	Running down stairs, loud bang
21:57	Running upstairs, loud walking around, loud bangs
22:00 – 23:00	Taking 3 plates of food 20 minute walk away to give my brother & sister & my dad some dinner, nobody wants to have dinner here where its noisy all the time so were taking it to them.
23:00	Walking around, dragging sounds (starting to think the dragging sounds might be a computer chair on hard wood floor)
23:04	Walking around
23:08	Light walking around, dog walking around
23:16	Dog walking, followed by light walking
23:19	Loud bang followed by light walking (maybe just dropped something heavy)
23:21	Light bangs
23:22	Light walking around, dog walking
23:25	Light walking around, followed by light bangs
23:26	Walking Around
23:33	Light bangs, light walking
23:34	Light bangs, light dragging sound
23:36	Walking around, light bangs
23:39	Walking around
23:41	Light bang
23:47	Dragging sound, dog walking
23:53	Walking around
23:55	Light walking around
23:58	Walking around
23:59	Light bang, followed by loud bang
00:00	Light bang
00:01	Dog walking around
00:04	Very light walking
00:07	Very Light bangs
00:08	Light bangs
00:11	Light but not quite as light bangs
00:13	Light bang, light walking, dog walking, floorboards creaking
00:18	Walking around
00:20	More walking around
00:21	Several light bangs, loud to quiet, Mabey a ball thrown for the dog
00:24	Light bangs
00:25	Walking around
00:28	Walking around
00:30	Dog walking
00:46	Light walking
00:48	Light walking, dog walking
00:51	Light bangs
00:54	Light walking
00:56	Light bangs, dog walking
00:57	Walking around
00:59	Light bangs, Walking around



01:00	Light walking around
01:02	Walking around
01:03	Several bangs, dog running
01:04	Walking around
01:07	Going down stairs with dog
01:11	Coming back in with dog,
01:14	Walking around, dog walking around
01:19	Walking around
01:22	Light bang, very lite walking
01:23	Several rapid Light bangs
01:24	Lite walking around
01:27	Loud dragging sound, maybe a chair on hard wood floor
01:28	More loud dragging sounds, louder, could have been rapid banging, hard to tell, its just bass down here
01:29	Walking around, light banging, dog running
01:30	Walking around loud
01:33	lite bangs
01:24	Dog walking around
01:36	Lite walking
01:38	Walking around
01:39	Walking around, light bangs, dog running around
01:41	Dog walking around
01:53	Dog Snoring
02:03	Lite walking around, lite bangs
02:04	More Lite bangs
02:06	Walking around
02:07	Banging and walking a lot louder
02:09	Walking around, dog walking around, light bangs
01:10	Walking around
01:12	Walking round, dog running around, lots of light bangs
01:13	Dog running around, walking around
01:14	Banging about
01:15	Dog running around, walking around
01:15 – 07:00	<p>Went to bed for an early night because we're both tired, but there was nothing but loud walking all over the upstairs flat all night, it was impossible to sleep, every time we almost got to sleep loud The'd suddenly be loud walking and banging waking us right back up, its imposible to cover the sound up with TV or anything because of how bass-heavy it is. Its like constant hammering. We were meant to be up at the latest 8am to get to Airedale computers for 9am, but now We've missed yet another pre-planned volunteering opportunity to help Airedale Computers for some new IT Equipment because we slept from 7am to 1pm</p> <p>Lucy also wanted to see a doctor but cant get an appointment because upstairs always keep us up until early hours, every time she try's including today she's told to call the next working at 8am - 9am but that's one of the very few times we actually manage to get any sleep here, likely because the person upstairs sleeps then and is actually quite for a bit.</p>