**Annex**. Generated audios descriptions. Details of general sound sources characteristics are provided in the description box as well as general mixing treatment for each of the noise soundscape audios.

Soundscape audio	Description
Airport	This soundscape recreates environmental noise, with main frequencies between 800 Hz and 5000 Hz and levels ranging from 75 to over 90 dBA, which can cause dangerous cardiovascular and mental health effects in nearby populations [1]. The scene was created to emulate the experience of a person walking from the boarding gate to the aircraft, with noises such as airport ambiance, aircraft takeoff, an onboard captain announcement, and the noise of the plane in the flight.
Car Traffic	Environmental soundscape with noise levels from 70 to 100 dBA and peaks over 120 dBA, spanning 50 to 10,000 Hz, leading to stress, sleep disturbances, and cardiovascular issues. Simulated from a sidewalk perspective with overlapping traffic layers to replicate urban density [2–7].
Carpentry	Carpentry workshop sound environment with noise levels emphasizing high-frequency content around 2 kHz, inducing NIHL, tinnitus, and auditory fatigue; mixed using EQ, dynamic control, and spatial placement to present a realistic workshop environment and sensitize to occupational noise risk [8].
Children's Party	Recreational soundscape with noise levels exceeding 100 dBA and frequencies between 250-8,000 Hz, causing stress, irritability, and cognitive problems in children. Built with layered crowd and children's play sounds, enhanced with spatial effects [9–11].
Concert Hall	This recreational and occupational soundscape portrays a classical concert hall where musicians, especially brass and percussion players, face noise levels exceeding 85 dB and frequencies ranging from 100 Hz to 10,000 Hz, which can lead to long-term hearing loss, particularly in the 4000–6000 Hz range [12]. The mix layers of two orchestral tracks and one of applause to recreate a performance segment, adding reverberation to simulate the real reverberation of a concert hall.
Conference	Conference hall is an environmental and occupational soundscape where noise levels reach up to 65.5 dB, exceeding all recommended standards (25–35 dB), and frequencies ranges from 500 Hz to 4,000 Hz, impacting speech clarity and causing temporary hearing strain and stress [13]. The mix recreates a walk through a convention with distant speech and applause, capturing acoustic distractions and background noise that reduce auditory comfort.
Construction	Occupational or environmental soundscape exceeding 100 dBA, with peaks of 130 dBA, and frequencies from 25 Hz to 8 kHz, leading to NIHL, cardiovascular issues, and psychological distress. Built with layered machinery and alternating foreground tool sounds, processed with spatial panning and EQ [3,14–20].
Dentist	Occupational soundscape exceeding 90 dBA, with frequencies from 500 Hz to 12 kHz, causing NIHL, tinnitus, stress, and communication difficulties. Designed from a patient's chair perspective using dental tool noises processed with EQ, panning, and reverb [21–25].
Hairdryer	This environmental and occupational soundscape ranges from 60 to 90 dB(A) and reflects high frequencies up to 17.8 kHz, with high-pitched tonal components contributing to hearing fatigue and discomfort, especially in enclosed spaces (Huang & Zheng, 2022; Lahaye, 2022). The mix layers ambient client conversation with varied hairdryers positioned throughout the salon.
Urban ambience	Environmental soundscape exceeding 100 dBA, with frequencies from 500 to 4,000 Hz, contributing to stress, sleep disturbances, and cardiovascular issues. Built to simulate

	walking through a busy market or city plaza, using binaural panning, fades, and ambient layering [26–30].
Motorcycle road	This environmental soundscape ranges levels from 55 dB to 94 dB and frequencies spectrums between 1000–8000 Hz, causing risks of temporary or permanent hearing loss due to prolonged exposure, especially for gig economy riders [31]. The mix recreates a full ride experience, layering engine noise, wind turbulence, voices, and urban traffic to reflect the rider's continuous and high-intensity noise environment.
Nightclub	Depending on perspective, this soundscape can be recreational, environmental, or occupational. With noise levels from 90-105 dBA and frequencies between 30 Hz to 4,000 Hz, it causes NIHL, tinnitus, and long-term auditory damage. Built with bassheavy music and crowd sounds, using EQ, spatial panning, delay, and reverb [32–35].
Car races	Recreational soundscape with noise levels from 95-140 dBA and frequencies from 100 Hz to 10 kHz, causing NIHL, tinnitus, and auditory fatigue. Mixed using EQ, simulated Doppler effects, binaural panning, and reverb to simulate a stadium environment [36–39].
Rock concert	Rock concert spaces that reach 102 dBA for 15 minutes, with the highest points exceeding 120 dB(C) and the most prominent energy content between 63 Hz and 4 kHz, contribute to NIHL, stress, and mental fatigue, enhanced by low bass output and necessitating protective sound procedures [40,41].
Stadium	This recreational soundscape recreates stadium noise, where levels peak between 123 and 140 dB and dominant frequencies range from 400 Hz to 2.5 kHz, especially around 800 Hz, causing risks of noise-induced hearing loss and impaired on-field communication [42]. The mix simulates a one-minute fan perspective through layered crowd reactions, chants, and band sounds, escalating in intensity to reflect the moments of gameplay and a final goal celebration.
Shooting Camp	Shooting range ambient of peak noise levels up to 133.6 dB(C) and predominate frequencies within the range of human hearing, inducing NIHL, tinnitus, and physiological stress; mixed with EQ, dynamic range control, and spatial placement to simulate an indoor range and elicit concern for the hazards of noise exposure [43].
School Garden	School garden soundscape with noise levels above 80 dB(A) and frequency within human hearing sensitivity range, inducing fatigue, tension, and decreased concentration; mixed soundscape using EQ, dynamic control, and spatial placement to reconstruct a recess atmosphere and create awareness of early noise education and control [44].
Snores	Snoring soundscape with sound intensities up to 70 dB(A) and dominant frequencies below 500 Hz, causing sleep disturbance, daytime sleepiness, and stress; combined with EQ, dynamic range compression, and spatial positioning to simulate nighttime exposure and enhance sensitivity to its sound and health impacts [45,46].

## References

- 1. Xie J, Zhu L, Lee HM. Aircraft Noise Reduction Strategies and Analysis of the Effects. Int J Environ Res Public Health. 2023;20. doi:10.3390/ijerph20021352
- 2. Abed AJ, Albayati AH, Wang Y. Effect of Vehicular Stream Characteristics on Traffic Noise. Civil Engineering Journal (Iran). 2022;8: 3883–3901. doi:10.28991/CEJ-2022-08-12-016
- 3. Berger EH, Neitzel R, Kladden CA. Noise Navigator TM Sound Level Database with Over 1700 Measurement Values E-A-R 88-34/HP. 2015.
- 4. Fyhri A, Aasvang GM. Noise, sleep and poor health: Modeling the relationship between road traffic noise and cardiovascular problems. Science of the Total Environment. 2010;408: 4935–4942. doi:10.1016/j.scitotenv.2010.06.057
- 5. Lemaitre G, Susini P, Winsberg S, McAdams S, Letinturier B. The Sound Quality of Car Horns: Designing New Representative Sounds. Acta Acustica united with Acustica. 2009;95: 356–372. doi:10.3813/AAA.918158
- 6. Rodriguez-Manzo FE, Garay-Vargas E, Garcia-Martinez S, Lancon-Rivera L, Ponce-Patrón D. Towards an acoustic categorization of urban areas in Mexico City. 2017 Dec.
- 7. Yang W, Cai M, Luo P. The calculation of road traffic noise spectrum based on the noise spectral characteristics of single vehicles. Applied Acoustics. 2020;160. doi:10.1016/j.apacoust.2019.107128
- 8. Ioana Popescu D, Ursu-Fischer N, Alexandra MUSCĂ I, Ioana POPESCU D, Ursu-fischer N, Vass A. Noise Assessments in a Carpentry Workshop ACTA TECHNICA NAPOCENSIS NOISE ASSESSMENTS IN A CARPENTRY WORKSHOP. Series: Applied Mathematics and Mechanics. 2013. Available: https://www.researchgate.net/publication/272506806
- 9. Balk SJ, Bochner RE, Ramdhanie MA, Reilly BK. Preventing Excessive Noise Exposure in Infants, Children, and Adolescents. Pediatrics. 2023;152. doi:10.1542/peds.2023-063752
- 10. Noise Awareness Day. Noise and Children Noise Awareness Day. 2020.
- Kemp AAT, Delecrode CR, Guida HL, Ribeiro AK, Cardoso ACV. Sound pressure level in a municipal preschool. Int Arch Otorhinolaryngol. 2013;17: 196–201. doi:10.7162/S1809-97772013000200013
- 12. Russo FA, Behar A, Chasin M, Mosher S. Noise exposure and hearing loss in classical orchestra musicians. Int J Ind Ergon. 2013;43: 474–478. doi:10.1016/j.ergon.2012.11.001
- 13. Abed Hassan S, Ibrahim S, Adeeb Khamees W. Acoustic Performance and Noise Control of Conference Halls: An Evaluation of the Conference Hall at the Al-Nahrain University, Iraq. Journal of the International Society for the Study of Vernacular Settlements. 2023.
- 14. Department of Environmental and Occupational Health Sciences. Construction Industry Noise Exposures Construction Industry. 2004.
- 15. Kantová R. Evaluation of construction site noise to allow the optimisation of construction processes and construction machinery selection. Applied Sciences (Switzerland). 2021;11. doi:10.3390/app11104389
- 16. Lee SC, Hong JY, Jeon JY. Effects of acoustic characteristics of combined construction noise on annoyance. Build Environ. 2015;92: 657–667. doi:10.1016/j.buildenv.2015.05.037
- 17. Mir M, Nasirzadeh F, Bereznicki H, Enticott P, Lee SH, Mills A. Construction noise effects on human health: Evidence from physiological measures. Sustain Cities Soc. 2023;91. doi:10.1016/j.scs.2023.104470
- 18. Roberts C. Construction noise and vibration impact on sensitive premises. 2009.
- 19. Yang X, Wang Y, Zhang R, Zhang Y. Physical and Psychoacoustic Characteristics of Typical Noise on Construction Site: "How Does Noise Impact Construction Workers' Experience?". Front Psychol. 2021;12. doi:10.3389/fpsyg.2021.707868
- 20. Zhang J, Huang J, Wu Z, Li Z. Construction Noise Reduction Research on Rail Transit Projects: A Case Study in China. Buildings. 2024;14. doi:10.3390/buildings14061678

- 21. Antoniadou M, Tziovara P, Konstantopoulou S. Evaluation of Noise Levels in a University Dental Clinic. Applied Sciences (Switzerland). 2023;13. doi:10.3390/app131910869
- 22. Choosong T, Kaimook W, Tantisarasart R, Sooksamear P, Chayaphum S, Kongkamol C, et al. Noise exposure assessment in a dental school. Saf Health Work. 2011;2: 348–354. doi:10.5491/SHAW.2011.2.4.348
- 23. Elmehdi HM. Noise levels in UAE dental clinics: Health impact on dental healthcare professionals. 40th International Congress and Exposition on Noise Control Engineering 2011, INTER-NOISE 2011. 2011. pp. 3813–3817. doi:10.5963/phf0204002
- 24. Mak CM, Wong HM, Chu YJ. Effect of the sound of dental equipment on dental anxiety and noise control techniques.
- 25. Mojarad F, Samavat H, Mojarad F, Massum T, Samavat H. Noise Levels in Dental Offices and Laboratories in Hamedan, Iran. Iran Article in Journal of Dentistry of Tehran University of Medical Sciences. 2009. Available: https://www.researchgate.net/publication/228657546
- 26. Cámara De Diputados Del H. Congreso De La Unión. DECRETO por el que se adicionan una fracción VI Ter al artículo 30., y un artículo 156 Bis a la Ley General del Equilibrio Ecológico y la Protección al Ambiente. (DOF 29-03-2022). 2022 Mar.
- 27. Dobie RA, Van Hemel S. Hearing Loss: Determining Eligibility for Social Security Benefits Committee on Disability Determination for Individuals with Hearing Impairments, National Research Council. 2005. Available: http://www.nap.edu
- 28. Gobierno de México. Miden los niveles de contaminación acústica en la Ciudad de México, en el marco de la III Semana del Sonido. 2012. Available: https://www.cultura.gob.mx/noticias/cine-y-artes-audiovisuales/22821-miden-los-niveles-de-contaminacion-acustica-en-la-ciudad-de-mexico-en-el-marco-de-la-iii-semana-del-sonido.html
- 29. Hernández Landeros P. Paisajes sonoros: de contaminación acústica a bellos sonidos. 2021 Jun.
- 30. Rodriguez FE, Vargas EG, Gabriela S, Martinez G, Lancón-Rivera L, Rodríguez-Manzo FE, et al. MOVING TOWARDS THE VISUALISATION OF THE URBAN SONIC SPACE THROUGH SOUNDSCAPE MAPPING. 2015. Available: https://www.researchgate.net/publication/315663931
- 31. Razali A, Rahman R, Binti Razali A. Noise Exposure Among Motorcycle Riders: A Scoping Review. Malaysian Journal of Medicine and Health Sciences. 2023;19: 303–309. doi:10.47836/mjmhs19.2.42
- 32. Dimitrijević SM, Mijić MM, Šumarac Pavlović DS. Indoor sound level spectra of public entertainment premises for rating airborne sound insulation. J Acoust Soc Am. 2020;147: EL215–EL220. doi:10.1121/10.0000800
- 33. Fleming C. Technical Note Assessment of Noise Exposure Level of Bar Staff in Discoth6ques. Applied Acoustics. 1996.
- 34. Williams W, Beach E, Gilliver M. Clubbing: The cumulative effect of noise exposure from attendance at dance clubs and night clubs on whole-of-life noise exposure. Noise Health. 2010;12: 155–158. doi:10.4103/1463-1741.64970
- 35. Woolworth D. Using realistic test signals to evaluate existing structures for low frequency sound transmission from clubs, live music venues, discos, and exercise facilities.
- 36. Kardous CA, Morata TC. Occupational and recreational noise exposures at stock car racing circuits: An exploratory survey of three professional race tracks 1). 2009. Available: https://www.researchgate.net/publication/233784925
- 37. Magrini A, Cerniglia A, Lenti M, Cattani L. NOISE EVALUATION IN A RACE-TRACK: MEASUREMENTS, SOFTWARE ANALYSES AND NEED OF CONTINUOUS MONITORING. COMPARISON AMONG THE RESULTS. 2007.
- 38. Sandberg U. The Multi-Coincidence Peak around 1000 Hz in Tyre/Road Noise Spectra. 2003.
- 39. Xu A, Lim KM, Lee HP. The sound and psychoacoustic analysis of 2023 Formula 1 race. Results in Engineering. 2024;23. doi:10.1016/j.rineng.2024.102572

- 40. Hahad O, Kuntic M, Al-Kindi S, Kuntic I, Gilan D, Petrowski K, et al. Noise and mental health: evidence, mechanisms, and consequences. Journal of Exposure Science and Environmental Epidemiology. Springer Nature; 2024. doi:10.1038/s41370-024-00642-5
- 41. Cowi BS, Førde N. EXPECTED SOUND LEVELS AT CONCERT VENUES FOR AMPLIFIED MUSIC. 2018.
- 42. Barnard A, Porter S, Bostron J, Termeulen R, Hambric S. Evaluation of crowd noise levels during college football games. Noise Control Eng J. 2011;59: 667–680. doi:10.3397/1.3654144
- 43. António J, Tadeu A, Barreirinhas C. CASE STUDY: ACOUSTICS OF AN INDOOR SHOOTING RANGE.
- 44. BULUNUZ N, COSKUN ONAN B, BULUNUZ M. Teachers' Noise Sensitivity and Efforts to Prevent Noise Pollution in School. Eurasian Journal of Educational Research. 2021;21. doi:10.14689/enad.26.8
- 45. Pevernagie D, Aarts RM, De Meyer M. The acoustics of snoring. Sleep Medicine Reviews. 2010. pp. 131–144. doi:10.1016/j.smrv.2009.06.002
- 46. Westreich R, Gozlan-Talmor A, Geva-Robinson S, Schlaeffer-Yosef T, Slutsky T, Chen-Hendel E, et al. The presence of snoring as well as its intensity is underreported by women. Journal of Clinical Sleep Medicine. 2019;15: 471–476. doi:10.5664/jcsm.7678