

## Example of a noise diary

<b>Name</b>	Kate Smith
<b>Address</b>	55 Smith St, Smithville 3155
<b>Contact number</b>	9988 7766
<b>Source of noise</b>	Air conditioning unit
<b>Type of noise</b>	Cranking sound
<b>Location / address of noise</b>	Next to fence at rear of property at 57 Smith St, Smithville

Date	Time		Intensity			Duration	Your location at the time of the noise	Effect
	Start	Finish	Loud	Medium	Soft			
1/2/2022	5 am	9 am	X			4 hrs	Bedroom	Woke me, couldn't get back to sleep
1/2/2022	9:30 am	1:30 pm		X		4 hrs	Study	Could not study even with window closed
1/2/2022	2 pm	6 pm		X		4 hrs	Garden	
1/2/2022	11 pm	3 am	X			4 hrs	Bedroom	Could not sleep
1/2/2022	3:30 am	7:30 am	X			4 hrs	Bedroom	Woke me up
2/2/2022								Not home
3/2/2022	5am	9am	X			4 hrs	Bedroom	Couldn't sleep

### Comments

This on-going interruption of my sleep has made me very stressed, sleep deprived, and it is now affecting my daily activities such as studying and even just relaxing.

**Signature:** *K. Smith*

## Noise diary template

<b>Name</b>	
<b>Address</b>	
<b>Contact number</b>	
<b>Source of noise</b>	
<b>Type of noise</b>	
<b>Location / address of noise</b>	

Date	Time		Intensity			Duration	Your location at the time of the noise	Effect
	Start	Finish	Loud	Medium	Soft			

**Comments**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*I confirm that the information I am providing on this sheet is true and correct and I **am / am not** willing to give evidence in relation to this matter in a Court of Law.*