

## **Noise, vibrations and coexistence issue with Tehtaankatu 14D**

We have been living in this apartment for 3 years. We haven't had any problems despite the condition in what the apartment was given to us.

We lived almost 2 years with upstairs neighbours (2 adults, a baby and 2 young teenagers every 15 days) and never did we have this problem.

Since the arrival of the new upstairs neighbours our living standards are gone from good to the brink of a nervous breakdown due to the constant loud and intrusive noise and vibration day and night every day of the week.

### **What have we done to try to solve this?**

We have approached our neighbours cordially to raise awareness about the noise issue in three separate occasions. After being dismissed three times with a negative to acknowledge the issue reasoning that it's their "*normal life*" and won't try to adapt to the acoustic limitations of the building, we decided not to reach out to them again but instead contact Astala to mediate and solve the problem.

### **Outcome of Astala's technician recommendation to install laminate floors that would mitigate the reverberation and airborne noise.**

We have felt that the neighbours have taken a bullying attitude towards us. We are in the assumption that they want us to move out. Even telling us that they don't believe we had upstairs neighbours before, that *the apartment was empty for years...*

### **What bullying attitudes have been noticed?**

Since the neighbours learned that there might be action taken in their apartment they have exaggerated the noise such as large stomping patterns at random paces especially at night and in the mornings. Once we noticed our adult neighbour walking down the stairs by our apartment with a floorball club hitting every step as she walked down.

They have been turning their faces to our greetings and taking some rather intimidating stances.

Their unwillingness to mitigate the noise from their behalf, their negative to address the recommendation of the technician and their intent to drag their upstairs neighbours into the situation -they expressly told us they are not disturbed by them- is a clear sign that something is not right in terms of coexistence between neighbours.

### **What actions have we taken?**

We have contacted the Housing Health department of the City of Helsinki and the union of rentals.

Along with Astala, they have recommended us to keep a log of our distress situation. We have collected data since April to-date.

This data includes:

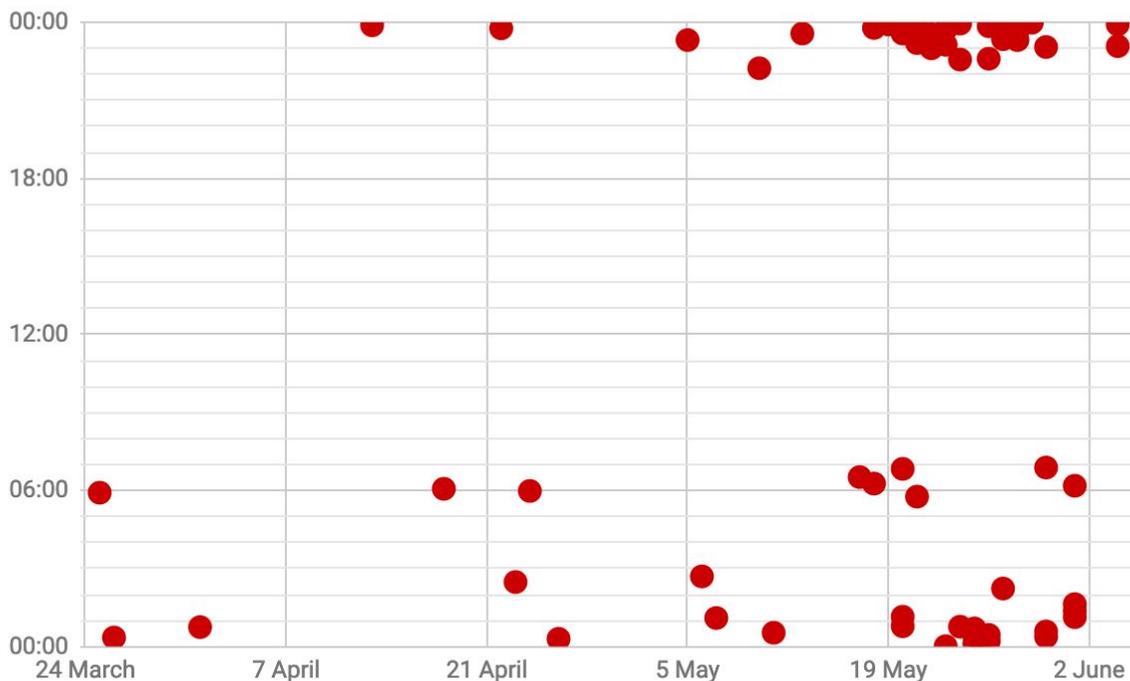
- Loud sound recordings and decibel / frequency readings
- Timestamps of the times the neighbours have woken us up (only quiet hours)
- Logged the strangely loud sounds with written descriptions

### Hours on which we have been woken up

On multiple occasions we are woken up from 23.30 to 2.30 and then 6am the next morning. That leaves us with extremely little hours of sleep. This worsens over the weekend resulting in us having to go to a hotel to at least get some rest. Not only health wise but also economically it's starting to take a toll.

[See detailed log here](#)

### Woken up by noise



Notice how the bulk of loud incidents that occur above our bedroom (and our four year-old son) happen mostly from 23.30 to 2am and starts again at 6 to 7am weekends inclusive.

We know when they go to bed, when and who gets up, when they leave, when they come back, when and how long they go to the toilet, when do they eat and who gives out the most to their son. All of this is none of our concern and we should know nothing about their living.

## Noise recordings and sound spectrum

We have gathered recordings throughout the day to try to visualize and clarify what we are exposed to everyday. These recordings are taken randomly. We do not have a device recording all day.

While studying building engineering my specialty was in acoustics in dwellings. I will refer to this later in this document.



Here is an example of the noise generated, randomly at any given time, everyday. The thin green line is our living room with the television on. The larger green part it's the noise we hear from upstairs. This noise usually varies from 65 to 85dB. Below that there is the frequency of the sound. In this case, the loudest ranges from 0 to 500Hz. The yellow indicates high amplitude. High amplitude and low frequency is considered to be loud and has adverse reaction towards health.

*“Low frequency noise annoyance is related to headaches, unusual tiredness, lack of concentration, irritation, and pressure on the eardrum. Data suggest that sleep is negatively affected. “*

[Noise and Health - Effects of Low Frequency Noise and Vibrations](#) - Kerstin Persson Waye - University of Gothenburg GU · Department of Public Health and Community Medicine