

Noise Pollution Education Resources

Below: A compilation of educational materials, produced by different organizations, with emphasis on the connection between lifestyle choices that involve chronic noise and serious health issues to people and animals generated by these lifestyle practices. A vegan lifestyle seeks to minimize harm to others and to the environment; thus, vegans are encouraged to practice lifestyles that do not rely on activities that generate chronic noise. Underlined items are hyperlinked to web sites.


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ARTICLES

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2. [5 Surprising Ways to Protect Your Dog's Hearing](#) Caitlin Fowlkes
3. [Adverse Effects of Noise Pollution and Human and Animal Health](#) Help Save Nature
4. [Anti-scrunch Movement: Should Noisy Snacks be Banned from the Theatre?](#) Imelda Staunton (The Guardian)
5. [Auditory and Non-Auditory Noise Effects on Health](#) Mathias Basner MD et. al (Lancet)
6. [Auditory Stress: Implications for Kennelled Dog Welfare](#) Morgan Garvey et al. (Purdue University)
7. [Audience Noise in Concert Halls During Musical Performances](#) CH Jeong et al. (PubMed)
8. [Ban Leaf Blowers](#) Teale Phelps Bondaroff
9. [Beaconsfield Moving to Ban Leaf Blowers](#) Amanda Jelowicki (Global News)
10. [Birds Suffering from PTSD-Like Symptoms Shows How Noise is Affecting Animals](#) Arianna Pittman
11. [Blocking Noise Through the Walls](#) Bambi Turner
12. [Can Dogs Hear Loud Music](#) Allie Wall
13. [Common Environmental Noise Levels](#) Center for Hearing and Communication
14. [Dangerous Decibels and Exercise Classes](#) Lisa Packer (Healthy Hearing)
15. [Dangerous Decibels at Fitness Classes May Lead to Hearing Loss](#) Hear-It
16. [Dark Side of Music: Using Sound in Torture](#) Nina Avramova (CNN)
17. [Does Noise Pollution Affect Our Pets?](#) Lisa Spector
18. [Five Ways to Reduce Noise Pollution](#) Jonathan Ewald
19. [Effect of Noise Pollution on Human Being](#) P.A. Savale
20. [Effects of Environmental Noise on Health](#) Province of Quebec
21. [Effects of Loud Music on Hearing](#) Victoria Deaf Society
22. [Effects of Noise on Wildlife](#) David Cornman (Nature Sounds Society)
23. [Effects of Noise on Wildlife and Other Animals](#) US Environmental Protection Agency
24. [Environmental Noise and Non-Aural Health Effects](#) S University of Texas School of Public Health
25. [Guantanamo Bay: Welcome to 'the disco'](#) Clive Stafford Smith (The Guardian)
26. [Harmful Noise Levels](#) Health Link BC
27. [Harmful Noise Levels](#) MyHealth Alberta
28. [Harmful Side Effects of Loud Blaring Music](#) Walid Fitaihi MD
29. [Health Effects of Environmental Noise Pollution](#) Australian Academy of Science
30. [Health Effects of Environmental Noise – Other Than Hearing Loss](#) enHealth Council
31. [Health Effects of Heavy Metal Music](#) Michael Greger MD
32. [How and Why Environmental Noise Affects Animals](#) Caitlin Knight and John Swaddle (Ecology Letters)
33. [How Fireworks Can Affect Your Health and the Ecosystem](#) Maggie Macintosh (CBC News)
34. [How Noise Pollution Affects Animals and Even Plants](#) Rachel Buxton (International Business News)
35. [How Noise Pollution Can Affect Your Health](#) Stephen Stansfeld (Independent)
36. [How Noise Pollution From Humans is Wreaking Havoc on US Wildlife](#) Rachel Buxton (PBS News Hour)
37. [How Noise Pollution Is Affecting Animal Behaviour](#) Graeme Shannon (The Conversation)
38. [How the CIA Used Music to 'Break' Detainees](#) Kelsey McKinney (Vox)
39. [How to Deaden Sound Through Walls](#) SFGate
40. [Illogical Logic of Music Torture](#) M.J. Grant
41. [Impact of Noise Pollution on Human Cardiovascular System](#) E.O. Aluko and V.U. Nna (International Journal of Tropical Disease and Health)
42. [Importance of Quiet Time](#) Alan Lightman
43. [Is Technology Driving Your Pet Insane?](#) Brian Cooley
44. [Leading Cause of Hearing Loss is Noise Exposure](#) Erin Wright Au.D.
45. [Let's Make Some Noise About All That Noise](#) Trevor Hancock (Times Colonist)
46. [Live Music in Moderation](#) Hear-It

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47. [Managing Noise from Aircraft](#) Transport Canada
 48. [Music As Torture: War is Loud](#) David Peisner (Spin)
 49. [Music in Psychological Operations](#) Wikipedia
 50. [Noise](#) Health Canada
 51. [Noise](#) Worksafe BC
 52. [Noise and Hearing Loss in Musicians](#) Cheryl Peters et al.
 53. [Noise Effect on Wildlife](#) US Federal Department of Transportation
 54. [Noise Effects on Wildlife Factsheet](#) Noise Pollution Clearinghouse
 55. [Noise Impacts on Health](#) European Commission – Science for Environmental Policy
 56. [Noise Impacts to Wildlife](#) M. Brittingham (Penn. State University)
 57. [Noise Induced Hearing Loss](#) Brande Plotnick (Healthy Hearing)
 58. [Noise-Induced Hearing Loss](#) Hear-It
 59. [Noise Levels in Fitness Classes Are Still Too High](#) Elizabeth Francis Beach (Research Gate)
 60. [Noise – Lifelong Harm to Children's Hearing](#) Karen Anderson PhD
 61. [Noise – Occupational Exposure Limits in Canada](#) Canadian Centre for Occupational Health and Safety
 62. [Noise Pollution](#) Environmental Pollution Centers
 63. [Noise Pollution](#) Everything Connects
 64. [Noise Pollution](#) Georgia Straight Alliance
 65. [Noise Pollution](#) National Geographic
 66. [Noise Pollution](#) US Environmental Protection Agency
 67. [Noise Pollution – A Modern Plague](#) Lisa Goines RN and Louise Hagler MD
 68. [Noise Pollution Affects Even the Smallest Wildlife](#) Dana Kobilinsky (The Wildlife Society)
 69. [Noise Pollution Creates Concerns for Creatures on the Edge](#) Elizabeth Grossman
 70. [Noise Pollution is Drowning Out Nature Even in Protected Areas](#) Damian Carrington (The Guardian)
 71. [Noise Pollution is One of the Biggest Health Risks in City Life](#) Joanna Roberts (Horizon)
 72. [Noise Pollution Isn't Just Annoying: It's Bad For Your Health](#) Brain Facts Org
 73. [Noise Pollution – It Harms Your Health and Hearing](#) Healthy Hearing
 74. [Noise Pollution Threatens Animals](#) Matt Walker (BBC Earth News)
 75. [Noise Sensitivities in Dogs](#) Ana Luisa Lopes Fagundes et al. (Frontiers in Veterinary Medicine)
 76. [Noise Toxicity and Healing Sounds](#) Susan O. Wagner DVM
 77. [Occupational Noise Exposure](#) US Department of Labour
 78. [Pathways to Music Torture](#) Morag Josephine Grant (Transposition)
 79. [Permanent Hearing Loss from Loud Group Fitness Classes](#) Ann Votaw (Observer)
 80. [Recommendations for Music Volume in Fitness Settings](#) IDEA Opinion Statement
 81. [Risk of Listening to Amplified Music](#) Acoustical Society of America
 82. [Saanich Resident Calls for Gas Leaf Blower Ban](#) Devon Bidal (Saanich News)
 83. [Secrets for Wall Sound Proofing](#) Dave Toht
 84. [Should I Wear Earplugs to Concerts?](#) Everyday Hearing
 85. [Should I Wear Earplugs to Concerts?](#) Luisa Dillner (The Guardian)
 86. [Should There Be a Ban on Gas Powered Leaf Blowers?](#) Saanich News
 87. [Sick of Noise: Health Effects of Loud Neighbours and Urban Din](#) Diana Weinhold (Grantham Research Institute on Climate Change and the Environment)
 88. [Songbirds are Struggling with Noise Pollution](#) Starre Vartan
 89. [Sound Advice Note 12: Orchestras](#) Sound Advice
 90. [Sound of Fear: The History of Noise as a Weapon](#) Lawrence English (Fact Mag)
 91. [Sound of Silence Increasingly Rare as Noise Pollution Rises](#) Jo Davies (CBC News)
 92. [Sound of Torture](#) Peter Maass (The Intercept)
 93. [Sound Pollution](#) Ocean Networks Canada
 94. [Soundproofing](#) Chris Woodford
 95. [Sounds You Can't Hear Can Still Hurt Your Ears](#) Sarah C.P. Williams (Science Mag)

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96. [Summary of Adverse Health Effects of Noise Pollution](#) Louis Hagler MD
 97. [Table of Sound Pressure Levels](#) Sengspiel Audio
 98. [*Time for Saanich to Ban Gas-Powered Leaf Blowers](#) Teale Phelps Bondaroff PhD
 99. [Too Many Decibels, Too Few Quiet Moments](#) Barbara Julian and Maleea Acker (Focus Magazine)
 100. [Torture Methods with Sound](#) Justin Caba (Medical Daily)
 101. [Understanding Noise Pollution](#) Rinkesh Blog
 102. [Underwater Noise Pollution Also Disturbs Fish](#) CBC News
 103. [What is the Mysterious 'Hum' – Is It Simply Noise Pollution?](#) Philip Jaekl (The Guardian)
 104. [Why Noise Torture Hurts](#) Brian Anderson (Vice)
 105. [Why Zumba Classes Should Not Be So Crazy Loud](#) Lorra Garrick

ARTICLE ARCHIVES

1. [Noise Center Archives](#) Center for Hearing and Communication
2. [Noise Off](#)

FLYERS

- 1.

REPORTS

1. [Adverse Health Effects of Noise](#) World Health Organization (excerpt from *Guidelines for Community Noise*)
2. [Guidelines for Community Noise](#) Birgitta Berglund et al. (World Health Organization)
3. [Noise Impacts on Health](#) European Commission Science for Environmental Policy

VIDEOS

1. [How Noise Pollution is Ruining Your Hearing](#) (4 min.) Vox
2. [Noise Pollution Affects Marin Life](#) (2 min.) Global News

WEB SITES

1. [Dangerous Decibels](#)
2. [Noise Off](#)
3. [Noise Pollution Clearing House](#)
4. [Power of Sound](#) Joshua Leeds
5. [Right to Quiet Society](#) (Victoria BC)
6. [Victoria International Airport – Submit Noise Inquiry](#)