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How to Deal with a Noisy Neighbor

By dan the roommate man

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Your heart starts pounding... breathing becomes labored, and your head starts to ache. You wipe the sweat from your forehead and try to gather your thoughts. Have you just had a heart attack? Not at all. This is your body's reaction to excessive noise.

"Studies of the physiological and psychological effects of noise...indicate that protracted noise can impair one's hearing, dry the mouth, dilate pupils, raise cholesterol, elevate blood pressure, burden the heart. Constant noise can bring on irritability, depression, aggression. It can interfere with the learning ability of children," N.R. Kleinfield writes in the article New York Quiet? Never. Quieter? Maybe. Listen up. published in the New York Times.

Apartment renters are even more susceptible to hearing loss because the noise levels are intensified in smaller spaces. Once sound enters the apartment, the wall connecting you to your neighbor vibrates – acting like a giant speaker.

If you share a wall with a noisy neighbor, you should take these steps – in order – to try and solve the problem:

1. Tell the neighbor – politely – that you can hear their stereo/TV/voices/running screaming kids/etc. There's a good chance they don't realize that they are being too loud. Ideally the problem will be fixed, and you can rest easy. Write down the date on which you confronted your neighbor – you never know when you might need it again.
2. If you receive a negative response, or no response at all, approach your neighbors again, but this time supply them with a copy of your lease. Chances are, there is a clause within the lease stating your right to "quiet enjoyment." You might also give them a copy of your local noise laws. Sometimes there are fines for excess noise. You can find your local noise laws at city hall, a public law library or the public library. Give your neighbor one dated copy of the lease and/or ordinance laws and keep a second copy (these are good for your records if the problem continues.)

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3. No luck? This time you'll need to give your neighbor a letter informing them that you are willing to take this problem to the landlord. A letter might look like this:

Dear Suzy Neighbor,

On January 5, 2000, I talked to you about the excessive noise coming from your apartment. I informed you that the Twister Parties lasting until 5am violate the local noise laws, the lease, and disrupt my sleep. I asked if you would please lower your volume or else move the parties to a more reasonable hour. This request was ignored, and on January 11, 2000, I provided you with a copy of the local noise laws and our lease – both of which provide me with a right to "quiet enjoyment." Once again, my request has been ignored, and if by January 20th, nothing has changed, I will need to approach the landlord with this problem. I hope we reach an agreement before I am forced to contact the landlord.

Thank You For Your Time,
Joe Tenant

4. Still no luck? It's time to tattle. No one wants to be the Narc... but this may be the only way to live peacefully. Make a copy of the letter, and discuss the problem with your landlord. For additional support (and so you don't feel like such a tattle tail) you might want to ask your other neighbors if the noise is bothering them, too. You might be able to get a petition signed by the other neighbors, and arguing with a group will typically lead to faster results. Regardless of whether or not you can get support from your neighbors, if the noise is bothering you, don't just learn to live with it! Living with excessive noise could actually be a threat to your health.

Once the problem is in the landlord's hands, you can de-stress a little bit. It's amazing how quiet those parties will get once the host has to worry about eviction! And if the noise-maker doesn't listen to the landlord, maybe your new neighbors will respect the "quiet enjoyment" law a little better than the last ones!

Since 1989 dan the roommate man has helped 1000's of people find rooms,apartments or roommates. Need help? Contact him at 800-487-8050 or www.roommateexpress.com

How To Get Rid Of Noisy Neighbors

By Jason Rickard

In three religions Judaism, Christianity and Islam, we are asked to respect our neighbors, but what happens when your new neighbor turns out to be the biggest nuisance to arrive in your neighborhood? Parties till late every night, music on full, when your trying to have a nap after a hard days work and unbearable shouting and screaming coming from the house next door. Do you break the rules and turn against your neighbor? Or do you ask your neighbor nicely to quit all the noise they make?

We both can agree on one thing, noisy neighbors are a nuisance. They could turn out to be your worst nightmare and biggest pain if unchallenged. You will have night after night of no sleep. So leaving your

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noisy neighbors alone is not an option. You have got to become proactive to prevent your health and life from going down the tube, because of someone else.

Your first task as a neighbor with good manners is to simply go over to your noisy neighbor's house and ask politely if they can bring down the level of noise, and explain that they are disturbing the neighborhood. If your neighbor is polite enough they will comply with your request, but if the noise level remains unchanged and or increases, then you have a really irritating neighbor who enjoys doing just that, annoying you and the neighborhood with their ignorance.

If the above didn't work, then you are going to have to call the landlord of your neighbors house and, inform them about the behavior of the current occupants. Your landlord may be hesitant to react, so collecting evidence before hand would be a great idea. Keep your video camera ready in this case, and make sure the time and date is on display. This is to show the landlord at what times your neighbor becomes a noisy nuisance.

If your landlord does not do much but just talk to your neighbors, which is most often the case, then get a letter prepared for evicting your neighbor. This letter works best when signed by many other neighbors in your neighborhood who also can't put up with the disturbance. Send the letter to the landlord and to your troublesome neighbor. This letter has a very strong effect and works almost every time. However if for some reason it doesn't and the disturbance continues, then as a final resort call in the police while the noise coming from your neighbor is at its peak.

Calling the police several times on this troublesome neighbor will solve your problems. They will either be asked to move or, you will notice that you can once again enjoy a good nights sleep.

Jason Rickard is the owner of

– Offering White Noise and Relaxation

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