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INFLUENCE OF NOISE ON OUR LIVES

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Silence is a pretty rare commodity these days, and we are all paying a surprisingly big price for it in terms of our health because today noise is an essential part of our life. Noise is defined as unwanted sound. It affects our both physical and mental health in many different ways. So why are quiet spaces so important?

The aim of the study was to consider the ways of the influence of noise on our mental and physical health and find the way of how we can decrease the influence of noise. Different medical and scientific resources, statistics and websites have been analyzed.

One important effect of noise is that it disturbs communication. You may have to raise your voice to be understood. In other cases, you may even have to make pauses in a conversation.

Another very important health effect of noise is the increased risk for cardiovascular disease. Noise can cause stress. As a result our body excretes stress hormones like adrenaline and cortisol that can lead to changes in the composition of our blood and in the structure of our blood vessels. Our blood vessels can be stiffer after some hours of noise. Epidemiological studies and statistics show that noise also increases the risk for high blood pressure, heart attacks and stroke, and although the overall risk is relatively small, this is still a problem.

Yet, another important effect of noise is sleep disturbance. Sleep is a very important mechanism that our brain provides with relax and prepares us for the next day. A quiet bedroom is a compulsory condition for so-called "a good sleep hygiene". And our auditory system works the whole day and night. It is constantly monitoring our environment for threats, even while we are sleeping. Noise in the bedroom can cause problems with mental health, it can wake us up during the night, and it can prevent our blood pressure from going down during the night. In addition, a very serious problem is a noise-induced sleep disturbance that continues for months and years can increase risk of cardiovascular disease. However, we are often not aware of these noise-induced sleep disturbances, because we are unconscious while we sleep. That is why we should carefully choose the place of living.

Not only traffic, airports, jet aircrafts, growing urbanization, construction sites, lawn mowers, air-conditioning units, outdoor concerts and our neighbors produce noise that destroys our nervous system but also we do. A lot of us like listening to loud music for a long time. We can also call it noise. This type of noise can cause the problems with hearing.

A lot of people think that strong noise regulation and enforcement are good ideas. But we can change our own environment. For instance, if you want to buy a new car, an air-conditioning unit, a blender - make low noise a priority. Many manufacturers list the noise levels that their devices generate and some even advertise them. All you have to do is just choose the right thing.

Robert Koch once said, "One day, mankind will fight noise as relentlessly as cholera and the pest."