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S. Cooper: link to his report <http://docs.wind-watch.org/Cape-Bridgewater-Acoustic-Report.pdf>

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Average night noise level over a year

$L_{\text{night, outside}}$

Health effects observed in the population

Up to 30 dB

Although individual sensitivities and circumstances may differ, it appears that up to this level no substantial biological effects are observed. $L_{\text{night, outside}}$ of 30 dB is equivalent to the no observed effect level (NOEL) for night noise.

30 to 40 dB

A number of effects on sleep are observed from this range: body movements, awakening, self-reported sleep disturbance, arousals. The intensity of the effect depends on the nature of the source and the number of events. Vulnerable groups (for example children, the chronically ill and the elderly) are more susceptible. However, even in the worst cases the effects seem modest. $L_{\text{night, outside}}$ of 40 dB is equivalent to the lowest observed adverse effect level (LOAEL) for night noise.

40 to 55 dB

Adverse health effects are observed among the exposed population. Many people have to adapt their lives to cope with the noise at night. Vulnerable groups are more severely affected.

Above 55 dB

The situation is considered increasingly dangerous for public health. Adverse health effects occur frequently, a sizeable proportion of the population is highly annoyed and sleep-disturbed. There is evidence that the risk of cardiovascular disease increases.

Table 3
Effects of different levels of night noise on the population's health