
Subject: Re: Noise pollution at home
Posted by [Acacia](#) on Sat, 25 Sep 2021 07:17:56 GMT
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I don't have a solution for this, but I also find it necessary to minimize the noise in our home. Hearing different sounds from the TV and loud conversation add to my stress because it's intrusive and bothersome. It makes me feel restless, so I wear earphones without music.
