

**Table 1: Guideline values for community noise in specific environments.**

Specific environment	Critical health effect(s)	L <sub>Aeq</sub> [dB(A)]
Outdoor living area	Serious annoyance, daytime and evening	55
	Moderate annoyance, daytime and evening	50
Dwelling, indoors	Speech intelligibility & moderate annoyance, daytime & evening	35
Inside bedrooms	Sleep disturbance, night-time	30
Outside bedrooms	Sleep disturbance, window open (outdoor values)	45
School class rooms & pre-schools, indoors	Speech intelligibility, disturbance of information extraction, message communication	35
Pre-school bedrooms, indoor	Sleep disturbance	30
School, playground outdoor	Annoyance (external source)	55
Hospital, ward rooms, indoors	Sleep disturbance, night-time	30
	Sleep disturbance, daytime and evenings	30
Hospitals, treatment rooms, indoors	Interference with rest and recovery	#1
Outdoors in parkland and conservations areas	Disruption of tranquility	#3

#1: As low as possible.

#3: Existing quiet outdoor areas should be preserved and the ratio of intruding noise to natural background sound should be kept low.

Source: World Health Organization, "Night noise guidelines for Europe", ISBN 978 92 890 4173 7