

Noise not only affects hearing. It affects other parts of the body and body systems.

- ✚ Increases blood pressure
- ✚ Has negative cardiovascular effects such as changing the way the heart beats
- ✚ Increases breathing rate
- ✚ Disturbs digestion
- ✚ Can cause an upset stomach or ulcer
- ✚ Can negatively impact a developing foetus, perhaps contributing to premature birth
- ✚ Makes it difficult to sleep, even after the noise stops
- ✚ Intensifies the effects of factors like drugs, alcohol, aging and carbon monoxide

