# Community Noise and Sleep Study

## Indoor Noise Measurements

Indoor sound recordings will be made during the sleep period. The microphone and sound recorder should be placed near the sleeping position on a dresser or nightstand. Participants will need to start and stop the sound recorder each night/morning.

## Heart Rate and Body Movement Measurements

During the night both heart rate and movement will be measured. The device used is battery operated. For measuring heart rate there are two electrodes. One electrode will go just below the right clavicle; the other electrode will go on the left side of the chest below the pectoral muscle/breast. There is a button on the device for starting and stopping the measurements each night/morning.