10 Ways To Protect Your Body From Harmful Noise:

1. Install noise blocking curtains on your windows.
2. Consider investing in a noise dampening canopy to completely encase your bed space.
3. Do not sleep with windows open if you live in an area with nighttime traffic, and try to sleep in a room that is not facing a road if possible.
4. Plant a row of trees to help block noise coming to your home.
5. Turn off appliances when not in use... don't sleep with the TV or music running, don't sleep with a sound machine on, give your brain a break from the constant onslaught of noise whenever possible.
6. Reduce EMF exposures in your sleeping area to decrease the over all environmental toxicity of your bedroom (click here for a free printable 25 point checklist on reducing EMF exposures.)
7. Get grounded while you sleep at night to help deepen restorative sleep phases.
8. Wear noise cancelling earplugs during commutes and traveling, especially on airplanes and trains. I would even suggest wearing these to work -- the cool thing about this model is that you can uncap them and still hear normal conversation, music, co-workers, etc... at much safer volumes.
9. Decrease other stressors in your life to help decrease the total amount of stress burden placed on your body. Consider stress when choosing occupation, living location, commute, relationships, friendships, coworkers, etc... Toxicity from these ubiquitous sources are every bit as important to consider as it is to reduce more obvious toxins like the ones found in the food you eat, the water you drink, choosing non-toxic household and personal care items, etc...
10. Increase and optimize positive health measures to help buffer other stressors (like noise pollution) that you may not be able to do anything about. Optimize the quality of the foods, nutrients, micronutrients, vitamins, minerals and supplements you put into your body, optimize the purity of the water you drink, increase your physical activity, and get your body grounded as often as possible.

xoxo, Laura Koniver M.D.   www.Intuition-Physician.com