

HOW LOUD IS TOO LOUD? SOUNDPRINT HAS ANSWERS



Sound levels shape how welcoming a space feels. For those with sensory sensitivities, hearing loss, or trauma histories, loud environments can turn connection into discomfort or exclusion. That's why we're spotlighting SoundPrint—a free app that lets you measure and share noise levels in public spaces.

With a few taps, you can measure decibels in restaurants, sanctuaries, and community venues. These crowd-sourced readings highlight sound-conscious places and those needing a gentle nudge toward accessibility. Whether advocating for change or seeking a quieter spot, SoundPrint helps you make informed choices for a more inclusive soundscape.

Learn more about how it works and why it matters at turnitdowntown.org/soundprint..

Have a story to share?

Please share how sound sensitivity affects you—in public, at work, or in everyday life. Your story helps others feel seen and understood. Submit it at www.turnitdowntown.org..

Submit Your Own Sound Solution!

Got a tip that made a noisy space easier to handle? We're collecting real Sound Solutions to inspire others. Share yours at www.turnitdowntown.org..

COMING SOON TO THE BLOG

We're excited to launch the Turn It Down, Town blog—a space for stories, insights, and practical guidance on sound-conscious living. Some of the upcoming posts will explore two powerful topics:

- **The Impact of Noise on Mental Health** — How everyday sound affects anxiety, focus, and well-being, especially for sound-sensitive and neurodivergent individuals.
- **Why Accessibility Must Include Sound** — A look at how volume, predictability, and sensory awareness are essential and often overlooked parts of inclusive design.

New posts coming soon at turnitdowntown.org — full of insights, tools, and stories that support a quieter world.

THANK YOU!

Thanks for being part of the movement. Together, we're turning up awareness and turning down the noise—one story, one solution, one space at a time. Every voice matters, and every step brings us closer to a world that listens with care.

Visit us anytime on the web at www.turnitdowntown.org!

Let's build a quieter, kinder world where sound-conscious choices create comfort, connection, and care.