

# City Of Sickness

*Composed by Theo Power*

## Instructions for listening

1. Sit in a pitch-black room, or as dark as you can make it.
2. Play through a set of monitors or headphones to a volume that suits you best. Listening from other external devices is welcome!
3. Think about your experiences with these sounds in real life, and how they may affect you.

Noise Pollution has become a major issue in London, due to the mass amounts of construction, cars, trains, buses and people. This has caused London to become a hotspot for Noise Pollution,

London exposes its residents to upwards of 86 decibels of noise. The average human ear should be taking up to 50 decibels of noise, which is considered safe.

The monolithic wall of noise that greets you could start a domino effect of illness.

Type 2 Diabetes, Depression, and Anxiety. Depression and Anxiety can lead to Heart problems, circulatory problems and mental health problems. Which can lead to your death if left untreated.

This noise also affects people with special needs and sensory issues, like autism. Overexposure to loud noise can cause overstimulation in people which can lead to anxiety, irritation, fear and depression. This

can create unsafe and dangerous situations of people with special needs and sensory issues.

Beneath the chaos of the roads, we find ourselves sitting in a long-cramped train, which we know as the tube. The tube is one of the most popular forms of transport in London.

The tube can expose your ears to 110 decibels or more of noise. This is the same volume as an average concert. Hearing this noise for extended periods of time can irreparably damage your hearing, it can also affect your mental health.

People living directly above tube lines have reported their homes to be shaking and hearing a constant rumble late into the night and early in the morning. This has caused much outrage among the residents of London. Sparking many protest groups and complaints being filed.

Wearing headphones is a good way to block out the noise and protect your ears, as long as your music is being played at a safe level.

London is a fun place to live, but as it is very noisy it can have effects on you that you might not realise. Take care of your ears, and the city you live in.