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ABSTRACT

The findings of 21 studies of the effects of noise on sleep were reanalyzed in an effort to develop a quantitative dosage-response relationship. Large and systematic differences in sleep disturbance were observed between the findings of studies conducted in laboratory and in field settings. The influence of noise on sleep was also found to depend on additional factors such as the nature of noise and response metrics, noise source, background noise level, length of study, and sex of test participants. No reliable quantitative model for sleep disturbance could be developed from the studies reviewed.

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