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Protect your health and general well being with sound proofing from a Quieter Life Ltd. by [Mary Porter](#)

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In today's fast paced life with industry and road use on the increase noise pollution can be a major problem. According to medical experts noise, either continuous or for short bursts over a length of time can be severely detrimental to your health. Hearing is the most obvious one, what we don't realise is some hearing damage is irreparable, and really effects your quality of life, noise pollution is also known to increase blood pressure and we all know how serious a condition this can be! Sleep deprivation is one of the effects that can affect your over all well being both mentally and physically increasing stress levels as well as a constant feeling of fatigue. This is only a small percentage of the really serious detrimental effects that noise pollution has on our lives which should help you understand the importance of sound proofing.

A Quieter Life Ltd are market leaders in the service of sound proofing London who really understand how important sound proofing is. We are passionate about our work and are determined to uphold the fabulous reputation we have gained as well as restoring peace and harmony to your property and regaining that element of peace you deserve. Whether it is your private property or commercial premises we will create a tailor made solution to your noise problems arranging sound proofing for everything from schools and garage conversions to industrial plants or simply an internal wall no job is too big or too small. We also provide the materials and instructions for the do it yourself enthusiasts.

Call us today on 01322 427 209 or online at www.aquieterlife.co.uk for premier sound proofing London contact the professionals at A Quieter Life Ltd.

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