Persistent 24/7 Data Center Noise in the community can cause:

- Chronic Sleep Deprivation
- Anxiety and Depression due to combination of noise and lack of control when residents realize this noise even permeates their homes
- Difficulty with Concentration
- Increases stress related conditions such as
  --gastrointestinal problems
  --auto-immune diseases
  --hypertension and cardiovascular disease
- Increased health risk as residents avoid outdoor exercise

Chronic sleep deprivation affects both your brain and body and can cause:

- Anxiety, depression, mood swings, suicidal thoughts
- Memory and concentration
- For children it can decrease growth hormones
- Vehicular and Workplace accidents
- Impacts insulin release and increases risk of diabetes
- Less interest in exercise due to fatigue
- Hypertension, cardiovascular health and stroke:

  June 2022: American Heart Association updated the cardiovascular checklist by adding the importance of 7 – 9 hours sleep

PERSISTENT 24/7 NOISE, AS WELL AS SLEEP DEPRIVATION DUE TO NOISE, CAN IMPACT MENTAL AND PHYSICAL HEALTH AND DRAMATICALLY LOWER QUALITY OF LIFE.