

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.