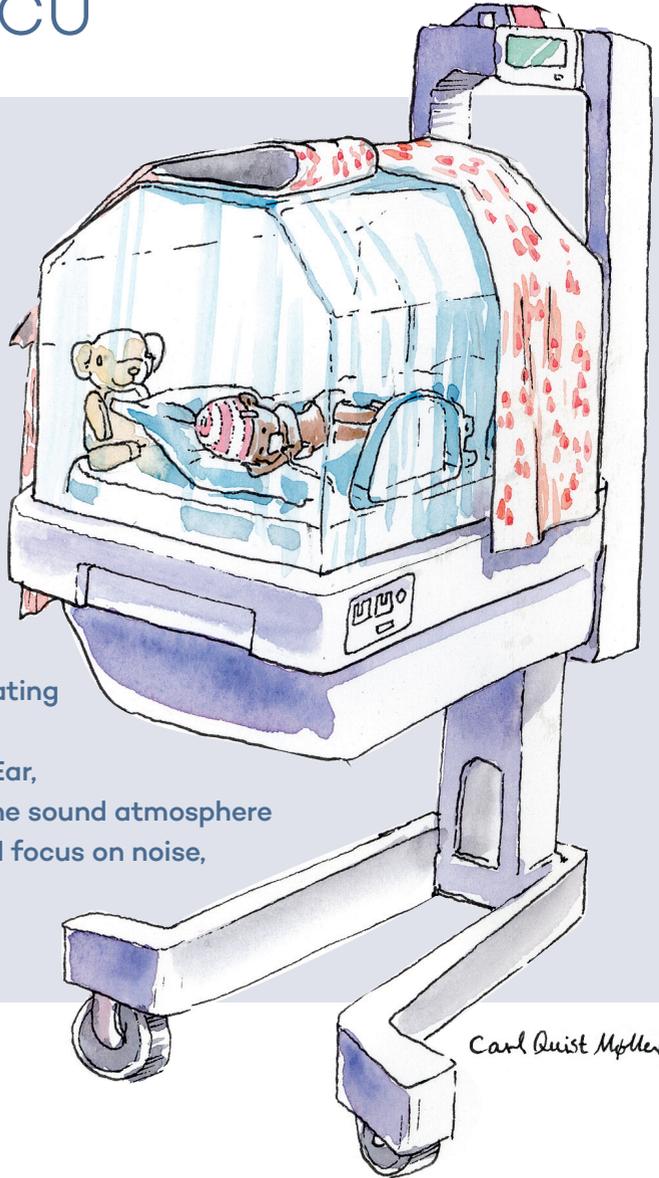


We are reducing  
**unnecessary sound**  
at the NICU



The NICU is participating in a project with the company SoundEar, helping us improve the sound atmosphere through an increased focus on noise, and what we can do to reduce noise.

*Carl Quist Myller 07*

# We are reducing **unnecessary sound** at the NICU



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We are collecting data about sound levels at patient rooms through the SoundEar devices placed in each room. The devices do not record the sounds in the room. They only measure the sound pressure. The information, we gather about sound levels in patient rooms, will be analyzed, so that we can work towards reducing noise.

The SoundEar device lights up green, yellow or red:



**GREEN:** Low sound level  
– the baby can rest and sleep, undisturbed.



**YELLOW:** Acceptable sound level – necessary and meaningful sound; conversation, activities around the baby – but at times, this sound level can just as well be noise.



**RED:** Too high sound level  
– can at times be necessary during emergencies.

*We focus on limiting the amount of time in the red zone and maintaining an acceptable balance of time in the yellow and green zones.*

## **Not all sound is noise**

The baby needs meaningful sound; sound that stimulates the baby's development and sound that is comforting and soothing. The most important stimulation is the parents' voices, when you talk or sing to your baby. This is meaningful sound, and it should not be reduced.

We only wish to reduce the unnecessary sound, which we call noise and which affects babies and staff negatively.

**If you wish to know more about the project, you are welcome to contact us at:**

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