

SOFTENING THE EVERYDAY

a calmer home

Small changes to the sound of a room can make a real difference to how a day feels. None of this is about a perfect, silent home. Tick what you would like to try, at your own pace.

LIVING AREAS

- ☐ Add soft furnishings: rugs, curtains, cushions and throws absorb hard echo.
- ☐ Put felt pads under chair and table legs so they do not scrape.
- ☐ Keep the television low, and use subtitles so you can lower it further.
- ☐ Turn off sounds you are not using: a second radio, a fan, standby beeps.

BEDROOM AND REST

- ☐ Choose a quieter room for sleep if you can, away from the road or building machinery.
- ☐ Use soft, heavy curtains to soften outside noise.
- ☐ Keep one low, steady sound if silence feels too sharp, rather than sudden noises.

KITCHEN AND APPLIANCES

- ☐ Run the washing machine or dishwasher at quieter times, not late at night.
- ☐ Close the door on a noisy appliance while it runs.
- ☐ Replace a harsh doorbell or alarm tone with a gentler one where you can.

WHOLE HOME

- ☐ Turn notification sounds off by default on phones and tablets.
- ☐ Agree headphone hours for loud games or shows.
- ☐ Keep one room, or one corner, as the quiet space everyone respects.

go at your pace

You do not need to do all of this, or any of it at once. Pick one change, see how it feels, and add more only if it helps.



ABOUT hushri

for anyone who finds the world too loud.

hushri is the human home for noise sensitivity and sensory difference — built from lived experience, in the belief that the problem is the world, not the people in it.

WHAT WE STAND FOR

Accessibility

Barriers removed, so support is easy to reach.

Honesty

We say what is true, clearly and without spin.

Respect

Every person met as they are, without judgement.

Friendliness

Warm, approachable, and never clinical.

Inclusivity

You are welcomed, represented, and made to belong.

Sincerity

We mean what we say, and we say it with care.

SCAN TO EXPLORE hushri



Read & explore

Guides, tools and support at
hushri.com



Watch & listen

Calming videos on
YouTube @hushri