

HELP FOR LOUD NIGHTS

quieter nights

Noise at night can make sleep hard to reach and easy to lose. These are gentle, practical things to try. Take what helps you and leave the rest.

**wind down first**

Give your body a quiet hour before bed, with lower lights and lower sound, so your system has time to settle before you try to sleep.

**a soft, steady sound**

A gentle, constant sound can smooth out sudden noises that jolt you awake. Try low brown or pink noise from the free calming sounds at hushri.com, on a sleep timer.

**settle the room**

Heavy curtains, a closed door and a rug soften outside noise. If you can, move the bed away from a shared or noisy wall.

**when noise wakes you**

Try not to fight it. Keep the light low, slow your breathing with a long out-breath, and let the steady sound carry you back, rather than checking the time.

gentle to know

If noise regularly reaches your sleep, you are not being difficult. For more on steady sound at night, see the brown noise for sleep guide at hushri.com.



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