

# All's Quiet On The Home Front: Turn Down The Volume At Home With Expert Tips

(NAPSA)—With more than 4 million newborns to rock to sleep each year, American families are clamoring for ways to mute the din of daily life without ignoring essential housekeeping chores. Though the task seems daunting, home experts argue that getting rid of unwanted noise pollution indoors is easier than it looks, especially when maintaining a “baby steps” philosophy.

One of the best times to shave off unnecessary noise is while cleaning. Vacuuming, in particular, has a reputation for being one of the loudest household jobs, but all vacuums are not created equal. Canister vacuums tend to operate at a lower noise level than traditional upright vacuums. Also, pay attention to the motor and powerhead of the vacuum, as those parts are responsible for most of the noise created while cleaning. Look for a powerhead with quieter operation, such as the Electrolux Quiet Clean powerhead, available on several canister vacuums including the Oxygen<sup>3</sup> Ultra and the Twin Clean, which also offer superior air filtration. With the ability to clean both hard surfaces and carpets, Quiet Clean operates at nearly 10 decibels less than a traditional upright vacuum, while still provid-



ing ample power and maneuverability to easily pick up dirt and debris hiding around the home.

For more ways to create a quieter living environment, follow these quick and simple tips:

- **Add a Sound Barrier**—Line hallways and hard surface areas with chic, inexpensive cloth mats. The extra cushioning will

keep footsteps quiet while keeping floors looking clean. If mats will detract from your home's decor, place a basket full of cozy slippers at the entryway and encourage guests to trade in their shoes for something softer.

- **Choose Good Vibrations**—When indoors, switch your cell phone to the “vibrate” setting and place it in your pocket or within arm's reach. The vibrations will alert you to an incoming call without creating a commotion that can wake sleeping children or interrupt others' conversations.

- **Redirect Decibels**—Review the placement of home electronics, such as televisions, computers and stereos, and make sure speakers are placed at the back of an area facing in. This will keep sound from bouncing into unwanted areas, such as nurseries, hallways or dining rooms.

- **Plan Ahead**—Run louder appliances, such as dishwashers, washing machines and air conditioners, when the family is away running errands or visiting friends. Then come home to tackle the quieter side of the chores, like folding clothes or putting away dishes.

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