



## Sound masking in offices – Need and benefits

Valteri Hongisto Research group leader, Turku University of Applied Sciences, Turku (Åbo)

- Soundmasking theory
- Effects of office noise based on scientific evidence
- Sickness absense risk depends on office type
- Risk of disability retirement is higher in open-plan offices
- Noise disturbance reduces with reducing distraction distance
- How irrelevant speech in the office affects our cognition?
- Speech elevates physiological stress
- Acoustic measurements and target values
- Technologies to produce sound masking
- Sound masking in the open-plan office

Språket är på engelska.