Recommendations for More Comfortable Dining

**Plan ahead by picking a quieter restaurant.**
Try to find carpeted restaurants that have chairs with rollers on the legs, plants, and sound absorbent materials on the tables and walls.
Remember that sports bars will be louder than fine dining establishments.

**Make reservations ahead of time and ask for accommodations**
Request a table in the quietest section of the restaurant, perhaps in a corner.

**Choose the best day and time to dine out.**
Weekdays, early evening and ‘off times’ are usually quieter than later at night and on weekends.

**Pick a table in the least noisy part of the restaurant.**
(Try to stay away from the kitchen, bar, wait service stations, band, etc.).

**Request that staff turn down any background music.**
(you are probably not the only patron bothered by the volume of the music).

We would love to hear about your dining experience!
If you are in Miami-Dade or Broward County:
**Participate in our Restaurant Noise Survey**
[www.earpeacefoundation.org/restaurant-noise](http://www.earpeacefoundation.org/restaurant-noise)