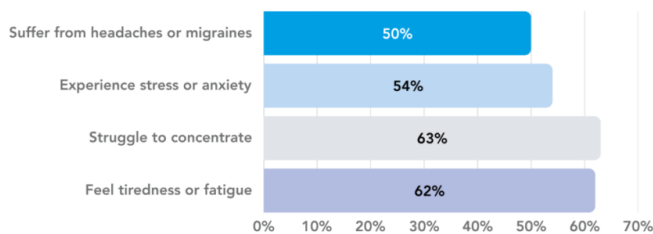


# Britain's Noisy Offices are Making Workers Sick - and Employers are Doing Little About it

20 hours ago

## UK's workplace health crisis

In a typical month, how often do you experience the following due to excessive office noise?



Source: Oscar Acoustics 'Campaign for Growth' 2026 survey of 2,000 UK-based office workers

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Britain's offices are fuelling a growing workplace health problem. New research from [Oscar Acoustics](#), Great Britain's leading specialists in architectural acoustic finishes, reveals that noise is causing stress, illness and lost productivity across the workforce.

The survey, which polled 2,000 UK office workers, found that nearly a quarter (24%) have taken time off due to noise-related stress, highlighting the real-world impact of poor workplace environments. Half of those surveyed (50%) suffer from headaches or migraines, while 62% report tiredness and fatigue as a direct result of their noisy workspace. Despite this, employers are failing to address the problem.

The health impact runs deeper than physical symptoms. In a typical month, nearly two-thirds (63%) of workers struggle to concentrate due to noise. This constant disruption is causing a significant impact on poor mental health, with more than half (54%) experiencing stress or anxiety and irritation or frustration (56%).

The impact on business is also measurable. Nearly a third (32%) deliver lower-quality work or miss deadlines, almost a quarter (24%) regularly take time off due to noise-related stress and 26% admit to snapping at colleagues or bosses each month.

Despite the scale of the problem, employer action remains minimal. Just one in three workers (35%) believe their employer takes noise seriously and the research backs them up. Only 8% of employers have installed acoustic treatments and just 15% have assessed their acoustic environment in the last two years.

Ben Hancock, Managing Director at Oscar Acoustics, said: “We’ve normalised noisy offices, but our data shows that they’re actively harming people’s health and wellbeing. If this were any other workplace risk, employers would be expected to act.

“Employers have a duty of care, and it’s clear that poor acoustics is an occupational health hazard that is making people ill. Yet, too often, it’s dismissed as part of office life. That mindset needs to change.

“Creating acoustically balanced workplaces isn’t a ‘nice to have’, it’s preventative care that is vital for a healthy workforce. So, it should be treated like any other workplace risk would be.”

Lara Milward, Neuroleadership Coach, adds: “We’re more distracted than ever; Slack, Teams, WhatsApp, emails, texts. There’s so much competing for our attention. At the same time, we’re dealing with a workforce that’s already stressed, overstimulated and easily frustrated.

“Long-term stress, as we know, reduces cognitive capacity. That’s why it’s fascinating to explore how acoustic design can make a meaningful difference to well-being and productivity.”

Recognising this, new approaches are emerging to help employers better measure and improve acoustic performance in buildings. [Sownd Certification](#), developed by Sownd Affects in partnership with Oscar Acoustics, is an independent accreditation that recognises buildings with proven acoustic performance as audio-inclusive. The certification is the world’s first to provide an evidence-based framework evaluating how spaces perform acoustically in the real world and prioritising end-user comfort and audio-design.

For more information about the research findings, click [here](#).