Quiet Practice Plan

Page 1: official home noise hours for musical instruments, and a quiet setup you can use at any hour.

1. Hours for musical instruments at home (checked 20 November 2026)

Where	Instrument noise at home	Source
NSW	Not heard in a neighbour's residential room before 8am or after 10pm; Fri, Sat and the day before a public holiday: before 8am or after midnight.	NSW EPA (Noise Control Regulation 2026)
VIC	Prohibited: Mon to Thu before 7am or after 10pm; Fri before 7am or after 11pm; Sat and public holidays before 9am or after 11pm; Sun before 9am or after 10pm.	EPA Victoria (Regulations 2021)
TAS	Permissible: Mon to Thu 7am to 10pm; Fri 7am to midnight; Sat 9am to midnight; Sun and public holidays 10am to 10pm.	EPA Tasmania
WA	Up to one hour a day above assigned levels, used reasonably, 7am to 7pm Mon to Sat, 9am to 7pm Sun and public holidays.	WA Government, regulation 14
ACT	No instrument hours. Residential: 45 dB(A) 7am to 10pm Mon to Sat, 8am to 10pm Sun and public holidays; 35 dB(A) other times; 5 dB(A) lower in units.	Access Canberra
NT	Recommended: before 8am or after 10pm; Fri, Sat and the day before a public holiday before 8am or after midnight. Police: undue noise test. Mediation: CJC 1800 000 473.	NT EPA factsheet
QLD	No set hours. Police decide if noise is excessive.	Queensland Government
SA	No set hours. Music and voices at home go to SAPOL.	EPA South Australia

Inside the hours, noise can still be offensive or unreasonable. Your lease, strata or body corporate rules can be stricter. Check the live source pages linked in the post before relying on these hours.

2. Quiet setup checklist

Option	Good for	Tick
Headphone amp straight into the guitar	Electric, any hour, cheapest	
Modeller or multi effects with headphone out	Electric, more sounds, built in drums	
Audio interface and amp software	If you already have a computer	
Unplugged electric	Quiet chord and scale work (not silent)	
Acoustic: fingers or a thin pick, light touch	Evenings, if walls are solid	
Silent or travel guitar with headphone out	Acoustic players in units	

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Page 2: set up in a flat or unit, talk to neighbours, and keep a simple log.

3. Where to set up in a flat or unit

Check	Tick	Check	Tick
Against an outside wall, not a shared bedroom wall		Amp lifted off the floor onto a stand or chair	
Rug under you and the amp		Bass turned down before the volume	
Windows and doors closed		Amp pointed away from shared walls	

4. Neighbour note (edit and send)

Hi, I'm _____ from _____. I'm learning guitar and usually practise between _____ and _____ on _____, and I use headphones outside those hours. If you can ever hear it at a bad time, for example a baby's nap or a night shift, please let me know on _____ and I'll work around it. Thanks, _____

5. Practice log (two weeks)

Date	Start	Finish	Amp / headphones / unplugged	Notes

If a neighbour complains: check the hours, switch late sessions to headphones, move the amp, keep this log, reply politely with the hours you will keep, then use council, police, your building manager or mediation if needed. General information, not legal advice.