



# Noise Reduction vs Noise Cancelation

## *Which is the right accommodation for you?*

For DoD civilian employees with disabilities and wounded, ill, and injured Service members, noise can make it challenging to complete the necessary functions of their jobs, depending on the condition. To ensure the most appropriate accommodation is selected, it is helpful to understand the differences between the devices, and how they may benefit specific conditions.



**Noise Reduction (Passive Noise Isolation)** uses physical barriers to reduce but not eliminate sound—ideal for mid-to high-frequency noise. These devices don't require power and allow users to stay aware of their surroundings, making them suitable for individuals with conditions such as Traumatic Brain Injuries (TBI) or Post-Traumatic Stress Disorder (PTSD). For individuals with conditions where spatial awareness is critical, noise-reduction devices are often ideal. These devices allow an individual to reduce the surrounding noise while still being attuned to their environment.

*Example: Loop Earplugs*



**Noise Cancelation (Active Noise Cancelation)** uses electronic components to generate opposing sound waves, effectively blocking out unwanted noise across all frequencies. This is ideal for individuals with conditions such as Attention Deficit Disorder (ADD), Attention-Deficit/Hyperactivity Disorder (ADHD), or Learning Disabilities, where background noise hinders focus. For individuals with conditions where background noises create a distraction, sensory overload, or inability to focus and concentrate, noise cancelation devices are often ideal.

*Example: Audio-Technica QuietPoint Wireless, Bose QuietComfort Ultra*

Since every individual's needs vary, choosing the right accommodation is essential. For a hands-on demonstration, contact CAP's Technology & Evaluation Center (CAPTEC) at [cap.captec@mail.mil](mailto:cap.captec@mail.mil) or 703-693-5160.

