Hi [Neighbor's Name], I hope you're doing well. I've noticed that the noise levels, particularly [mention specific times or instances, e.g., 'late at night'], have been quite high. It's been disrupting my ability to [mention impact, e.g., 'sleep' or 'focus on work']. I understand we all have things to do, but I would appreciate it if we could find a way to keep it at a more manageable level. It would really help improve the situation for everyone involved. Thank you for understanding.