

Hi [Neighbor's Name],

I wanted to talk to you about something that's been bothering me. The noise levels, especially in the evenings, have been pretty high and it's affecting our sleep. I know we all have busy lives, but I would really appreciate it if we could find a way to keep things a bit quieter. I'm sure we can come to a good solution that works for both of us.

Thanks for understanding.

Best,

[Your Name]