You may not be aware that there was a disturbance on:  

(date) at (am/pm)

This was caused by

☐ TV too loud ☐ Washing Machine ☐ Shouting

☐ Loud music ☐ Slamming doors ☐ Banging

☐ Other

Which meant that I could not

(e.g. get to sleep, put my children to sleep, watch TV, relax)

I wanted to let you know as you may not have realised the impact the noise may have had on your neighbours. I hope this can be avoided in the future so that we can all enjoy living in our homes.

Thank you for your co-operation