Dear neighbour’s name

(or if you don’t know their name),

Dear neighbours at number xx

I wanted to let you know that on [date] at [time] there was a lot of noise coming from your home because of noise coming from [ your TV, radio your pets, etc.]

I’m sure you weren’t aware we were able to hear the noise and that it was causing a disturbance but I would greatly appreciate it if you can be mindful we can hear louder noises and try to avoid it happening again.

Thanks for your help.

Best wishes,

Your name
Your house number