What can I do if my neighbour is too noisy?

I'll look up the Norwegian rules on neighbour noise and what you can do about it.

Used 26 tools, loaded tools

Noise from ordinary daily life generally has to be tolerated. Norwegian law only steps in when the noise is **unreasonable or unnecessary** (*urimelig eller unødvendig*). Who you complain to depends on how the noisy neighbour lives:

- **Renter:** their landlord.
- **Housing cooperative:** the board (*styret*).
- **Condominium:** the board.
- **Separate house:** you deal with them directly.

For acute disturbance at night, you can call the police.

A sensible order of steps

1. **Talk to the neighbour, then write to them.** A calm conversation fixes most cases. If it doesn't, a dated written complaint is the first piece of evidence.
2. **Keep a noise log.** Note the date, time, how long it lasted and what kind of noise it was, plus any witnesses. Every step below depends on this.
3. **Go to whoever has power over the neighbour.** See the table below.
4. **Call the police for acute night noise.** Disturbing other people's night's rest (*nattero*) with noise is a criminal offence under straffeloven § 181 letter c, punishable by a fine or up to 6 months in prison.

The noisy neighbour…	Who can act	Legal basis	Strongest sanction
rents	Their landlord (*utleier*)	husleieloven § 5-2	Termination (*heving*) after a written warning, § 9-9 letter b
owns a share in a housing cooperative (*borettslag*)	The board	burettslagslova § 5-11	Order to sell (*salspålegg*) after a warning, § 5-22
owns a condominium unit (*eierseksjon*)	The board	eierseksjonsloven § 25	Order to sell after a written warning, § 38
lives on a separate property	You, as the neighbour	grannelova § 2	A court-ordered fix (*retting*), § 10

Legal basis

The standard: "unreasonable or unnecessary." All four regimes use roughly the same test.

- The neighbour law says no one may do anything that is *"urimeleg eller uturvande er til skade eller ulempe på granneeigedom"* (unreasonably or unnecessarily harmful or disruptive to a neighbouring property) (grannelova § 2).
- To decide what is unreasonable, the law looks at:
  - what is technically and economically possible to reduce the noise;
  - whether the noise is to be expected given the local conditions;
  - whether it is worse than what normal use of such places usually brings.
- The rules for housing cooperatives (burettslagslova § 5-11) and condominiums (eierseksjonsloven § 25) say use must not cause other residents harm or nuisance *"på urimeleg eller unødvendig vis"* (in an unreasonable or unnecessary way).
  - The bill behind the condominium act, Prop. 39 L (2016–2017), calls this the *generalklausulen* (general clause) and says it continues the earlier law.
- The board of a cooperative may also set ordinary house rules (*ordensreglar*), under § 5-11 fourth paragraph.

If the neighbour rents:

- The landlord must, unless otherwise agreed, maintain *"vanlig ro og orden i eiendommen"* (ordinary peace and order on the property).
- The tenant must follow ordinary house rules (husleieloven § 5-2).
- The landlord can terminate the lease if the tenant, despite a written warning, keeps behaving in a way that causes *"alvorlig skade eller sjenanse"* (serious harm or nuisance) for other users (§ 9-9 letter b).

If you also rent: your own landlord owes you that same peace and order. If the landlord doesn't deliver it, § 5-7 lets you:

- demand the problem be fixed (*retting*);
- get a rent reduction (*prisavslag*), if the problem is not trivial;
- terminate the lease (*heving*);
- claim compensation (*erstatning*);
- withhold rent (*holde tilbake leie*).

Tenancy disputes go to the Rent Disputes Tribunal (*Husleietvistutvalget*, HTU). The filing fee is lower for tenants than for landlords.

Cooperatives and condominiums:

- The order to sell requires a substantial breach (*vesentlig mislighold*) despite a written warning.
- In a cooperative, the deadline to sell must be at least 3 months (burettslagslova § 5-22).
- In a condominium, it must be at least 6 months (eierseksjonsloven § 38).
- So the board's first step is usually a formal written warning.

Separate houses: a neighbour has the right to have conditions that breach grannelova § 2 put right (§ 10). In practice, a civil claim starts in the conciliation board (*Forliksrådet*), and you must first warn the other side and try to settle.

Case law

The Supreme Court decisions citing grannelova § 2 are about noise from infrastructure, not between residents. Examples:

- HR-2024-1717-A: temporary road noise along the E18.
- HR-2006-731-A: aircraft noise at Gardermoen.

I haven't opened them, so I'm not stating what they held; the court's own page serves the decision text. No Supreme Court decision cites the condominium sale rule (eierseksjonsloven § 38). Ordinary neighbour-noise disputes are decided in lower courts and by HTU, and Lovkart doesn't cover either. Some HTU decisions are published at lovdata.no/register/husleietvistutvalget.

Changes you should know about

No adopted changes awaiting entry into force were found for the rules above (Lovkart snapshot 24 Oct 2026). One procedural change: Stortinget has adopted a reorganisation of HTU (Prop. 168 L (2024–2025)), and its in-force date is not yet set. If you're a tenant who ends up at HTU, check htu.no for how to file at that point.

What decides your case, and what I couldn't check

- **Your and your neighbour's housing type.** This decides which column of the table applies. Tell me and I can go deeper on that route.
- **The type and timing of the noise.** Footsteps, children and daytime renovation are usually "expected." Repeated late-night parties or loud music are much more likely to cross the line.
- **Frequency and documentation.** A one-off party rarely justifies sanctions. A pattern documented over weeks can.
- **Not checked:**
  - Local police regulations (*politivedtekter*), which often set quiet hours. Lovkart doesn't hold local regulations.
  - Your building's own house rules.
  - Lower-court practice.

I'm not a lawyer; this is information from the sources listed below, not legal advice. Before you take formal steps such as a lawsuit or a demand for termination, have someone look at your case:

- Jussbuss (free legal aid from law students): https://foreninger.uio.no/jussbuss/
- Advokatvakten (short free advice from a lawyer): https://advokatenhjelperdeg.no/advokatvakten/
- HTU's guidance, for tenancy issues: https://www.htu.no/kontakt
- The police's guidance on the conciliation board, for claims between separate properties: https://www.politiet.no/tjenester/namsmann-og-forliksrad

Sources

- grannelova § 2
- grannelova § 10
- husleieloven § 5-2
- husleieloven § 5-7
- husleieloven § 9-9
- burettslagslova § 5-11
- burettslagslova § 5-22
- eierseksjonsloven § 25
- eierseksjonsloven § 38
- straffeloven § 181
- Prop. 39 L (2016–2017), note on § 25
- Prop. 168 L (2024–2025)
- HR-2024-1717-A
- HR-2006-731-A

Ask Claude your own question