

Dear [Roommate's Name],

I hope this message finds you well. I wanted to take a moment to sincerely apologize for the excessive noise I've been making lately. I understand that it may have disrupted your peace and comfort in our shared living space.

Please know it was never my intention to disturb you. I appreciate your patience and understanding while I work on being more mindful of the noise levels, especially during late hours.

If there's anything specific you'd like to discuss or if you have any suggestions on how I can improve, I'm all ears. Your comfort is important to me, and I want to ensure we can coexist happily.

Thank you for your understanding, and I promise to do better moving forward.

Warm regards,
[Your Name]