

**From:** [REDACTED]  
**To:** [aircraftnoiseconsultation](#)  
**Subject:** Objection to proposed changes to night-time flights  
**Date:** 25 February 2022 17:33:19  
**Attachments:** [MFGM-HSE.pdf](#)

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To whom it may concern:

We would like to formally object to the proposal to change the conditions in relation to planning application number F20A/0668 – change to night-time flying hrs.

The DAA are looking to extend the night flying hours from 11pm to 12 midnight and commence flights at 6am instead of 7am as per current planning conditions. As I am a professional HGV driver, it is very important that I get 8 hours of uninterrupted sleep each night. I feel that only 6 hrs sleep each night is putting me, and other road users at risk. Also, the WHO recommends 8 hours of sleep each night.

There are so many health implications associated with high aircraft noise levels, especially at night-time. Studies have shown that noise from night flights causes immediate increases in blood pressure in sleeping people, even if they are not woken up by the noise. There is also a major increase in the risk of stroke, heart disease, diabetes, stress and depression. Having taken onboard all the studies in relation to aircraft noise and health, we are genuinely concerned for our own health and wellbeing as we live so close. Please refer to the attachment from the HSE to back up our concerns.

Given that our home is only 750m from the end of the new North runway, the noise decibel levels will be so high that it will be impossible to get a night's sleep, not to mention the effect this will have on our general health. Regarding the insulation package offered by the DAA, being so close to this North Runway (750m), nothing can insulate us from these noise levels. We are also concerned about air pollution levels as this causes cancer.

It is hypocritical to lock down this country for almost 2 years during the Covid 19 crisis, to protect the health and safety of its people. And then for ANCA to consider to over turn the decision on night-time flights and compromise our health.. Our health and well-being deserve the same protection and respect.

If ANCA leaves the current conditions in place, we would be able to get 8 hours of sleep each night and would be happy to stay in our home. If the conditions are changed, and we can only get max 6 hrs sleep each night, this leaves us in a very precarious situation given that the buyout is not fit for purpose for us.

These conditions must be left unchanged to protect us living so close. As very close neighbours to the new North Runway, we are appealing to you to respect us and leave the current planning conditions in place.

Kind Regards,

Raymond & Carmel Fox