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From: [REDACTED]
Sent: 24 February 2022 09:21
To: aircraftnoiseconsultation <aircraftnoiseconsultation@fingal.ie>
Subject: Night Time Flights Dublin Airport Consultation

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To whom it may concern

I would like to formally object to the proposal of introducing night time flights between 11pm and 7pm in the morning.

This initiative appears to be counter trend compared to other major airports in the EU (e.g. Frankfurt, Gatwick, Stansted, Zurich, etc.) and EU countries banning short haul night flights (which appears to have already been banned by France and Austria:

<https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.airport-technology.com%2Ffeatures%2Fshould-eu-impose-ban-short-haul-flights%2F&data=04%7C01%7Caircraftnoiseconsultation%40fingal.ie%7C9abf89ac48bf4275405c08d9f776f585%7C72dcfc23757145948154afe2c0bdea98%7C0%7C0%7C637812913599274618%7CUnknown%7CTWfPbGZsb3d8eyJWljoiMC4wLjAwMDAiLCJljoiv2luMzliLCJBtIl6lk1haWwiLCJXVCI6Mn0%3D%7C3000&sd=zxEKaNuZOvxZ7hC%2BrvRUYZyPRXZn3RNbz4RRoBawR9I%3D&reserved=0>

In addition, the introduction of night flights will have a huge impact on residents ability to sleep. A 5 years study conducted by Dr Lars Jarup and his team at Imperial College in London and published in 2008, conducted on a sample of 5,000 individuals between the age of 45 and 70 who had lived near Heathrow, Berlin Tegel, Amsterdam Schiphol, Stockholm Arlanda, Milan Malpensa and Athens Eleftherios Venizelos airports showed that noise from night flights causes immediate increases in blood pressure in sleeping people, even if they are not woken up by the noise. In addition, the study discovered a 14% increase in the risk of high blood pressure (hypertension) for each 10 decibel increase in night-time aircraft noise. Hypertension can lead to heart problems and even early death. In addition, the introduction of night flights does not appear to be in line with WHO Guidelines for Community Noises

(<https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.who.int%2Fdocstore%2Fpeh%2Fnoise%2FComnoise-1.pdf&data=04%7C01%7Caircraftnoiseconsultation%40fingal.ie%7C9abf89ac48bf4275405c08d9f776f585%7C72dcfc23757145948154afe2c0bdea98%7C0%7C0%7C637812913599274618%7CUnknown%7CTWfPbGZsb3d8eyJWljoiMC4wLjAwMDAiLCJljoiv2luMzliLCJBtIl6lk1haWwiLCJXVCI6Mn0%3D%7C3000&sd=ODf3Sfi11v8azAS610t7F%2FZjScFfhRPcISiDXAQC45Q%3D&reserved=0>) which indicate the following findings:

- If sleep is regularly disturbed for any reason, it has an effect on people's health.
- Even if people don't wake up, there is "sufficient evidence" to show that noise increases people's heart-rate, exactly the same finding as the HYENA Report.
- People whose sleep is regularly disturbed take more medicines.
- There is some, but "limited", evidence that noise at night can cause depression and other mental illnesses.

- Children, including babies, because they spend longer time in bed, are “considered a risk group” even though they usually sleep through noise better than adults.
- Since older people, pregnant woman and ill people find sleeping more difficult. They are particularly vulnerable to being disturbed by night noise

The impact on nighttime air noise on the cardiovascular system is catastrophic.

For me the current airport night time flights already cause me sleep disturbance which effects my cognitive ability during the day, this will further worsen when the new north runway is open as this will be closer to my home than the current runway. I therefore cannot afford to have an increase in night time flights as my life will become unbearable and my ability to function during the day will be effected as will my job.

Also other researches are pointing in the same direction, for example “Cardiovascular effects of environmental noise exposure” published on European Heart Journal
(<https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdoi.org%2F10.1093%2Feurheartj%2Fehu030&data=04%7C01%7Caircraftnoiseconsultation%40fingal.ie%7C9abf89ac48bf4275405c08d9f776f585%7C72dcfc23757145948154afe2c0bdea98%7C0%7C0%7C637812913599274618%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCI6Mn0%3D%7C3000&sdata=ewT5y%2F89QALuY8DiL96AbTwoVpsjiSjXIGDi3SR0bNc%3D&reserved=0>)

The cost of treating these health conditions on a population of approx. 750,000 is not estimated and it will be paid by all the taxpayers for years and years to come, while the benefit of introducing the night time flights will be solely at the advantage of DAA and related businesses.

When it comes to expanding airports, the authorities will have to weigh the benefits of commercial interests against the danger to public health.

In addition to the above health concerns for residents, night flights will increase pollution and possibly contribute in decreasing the value of residential properties in the areas surrounding the airport. Residents could look for redress from the DAA

A grant scheme for insulating current dwelling should be reviewed and extended to provide proper quality of life to people living in the impacted areas.

Night time flights must be completely banned.

Kind Regards
 Claire McCarville
 Boroimhe Hazel
 Swords
 Co. Dublin