

Uimhir Thagarta Uathúil: FIN-C338-ANCA-9

Údar: Radomir Żółtowski

Stádas: Submitted

Aighneacht: No sleep

Comhairliúchán:

Aircraft noise consultation

No Sleep

Caibidil: Noise Abatement Objective (NAO) for Dublin
Airport

I support any noise abatement, specifically a significant reduction of night flights to a near-zero minimum for all runways.

1. In the north Belmayne to Clongriffin area, aka. "the fringe", the flight noise is exacerbated by high density of builds. It is amplified by buildings being located very close to each other and having no natural attenuators in between, e.g. trees. The issue needs an extension and a comprehensive consultation with Dublin City Council as it applies to tens of thousands of residents in the area.
2. Night flights are seriously interfering with the quality of sleep. Loud noise makes me, my family and my neighbours wake up at random hours in the night and lose precious hours of necessary rest. A single flight is able to interrupt an entire night sleep cycle. The noise abatement proposal should aim to ban *a//* night flights, e.g. between 10PM and 6 AM, and ensure a sustainable eight hours of sleep.
3. The noise has negative impact on health and productivity. A serially interrupted sleep, we experience, leads to sleep depravation, loss of concentration, weight gain, irritation and anxiety. As a result productivity is also affected and reduces performance at work. Note, that since the working from home model, any analysis must consider residential areas as commercial areas where work takes place.
4. The noise has negative impact on ventilation and respiratory health, including risk of COVID19. The excessive and random noise causes me, my family and neighbours to shut all windows for the night. While window glass is glazed and reduces noise, this becomes irrelevant if windows are open to properly ventilate our properties as per HSE guidelines. The noise abatement proposal should aim to actively limit *a//* flights and align with current HSE guidelines related to COVID19 and other respiratory diseases.

Documents Attached: Níl