

**Uimhir Thagarta Uathúil:** FIN-C532-134

**Údar:** Mary Bryllert

**Stádas:** Submitted

**Aighneacht:** Night Flights and the Right to sleep

**Comhairliúchán:**

Proposed Material Alterations to the Draft Fingal Development

Plan 2023-2029

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## CHAPTER 8: Dublin Airport

**Caibidil:** PART 2: Proposed Amendments to the Draft Developm...» CHAPTER 8: Dublin  
Airport

**Select, where provided, the reference for the amendment on which you wish to comment , or for flood maps, the drawing ref number:**

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8.1

I acknowledge support for the inclusion of the reference to the reduction of noise from night flights at Dublin Airport operations to meet the WHO recommendation of 40dB Lnight.

I fully support this amendment as its backed up with multiple peer reviewed documents and recommended by the WHO since 2018.

This is 2022 and it therefore must be included as new research and recommendations are now in existence for communities impacted by an airport. It is FCC responsibility to ensure we have an international airport but not at the detriment to the health and life expectancy of residents in Fingal communities.

FCC have a duty of care to its residents.

The evidence is clear: Night flights are bad for people's health

The Hyena-Study found that noise from **night flights** causes immediate increases in blood pressure in sleeping people, even if they are not woken up by the noise. It 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.

The Greiser-Study showed a significantly increased risk of coronary heart diseases, strokes and cancer due to aircraft noise.

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**Documents Attached:** Níl