

It's much more than an “annoyance.”



“Chronic noise, even at low levels, can cause annoyance, sleep disruption, and stress that contribute to cardiovascular disease, cerebrovascular disease, metabolic disturbances, exacerbation of psychological disorders, and premature mortality.”



“Noise interferes with cognition and learning, contributes to behavior problems, and reduces achievement and productivity.”

-- American Public Health Association, *Noise as a Public Health Hazard*, 2021

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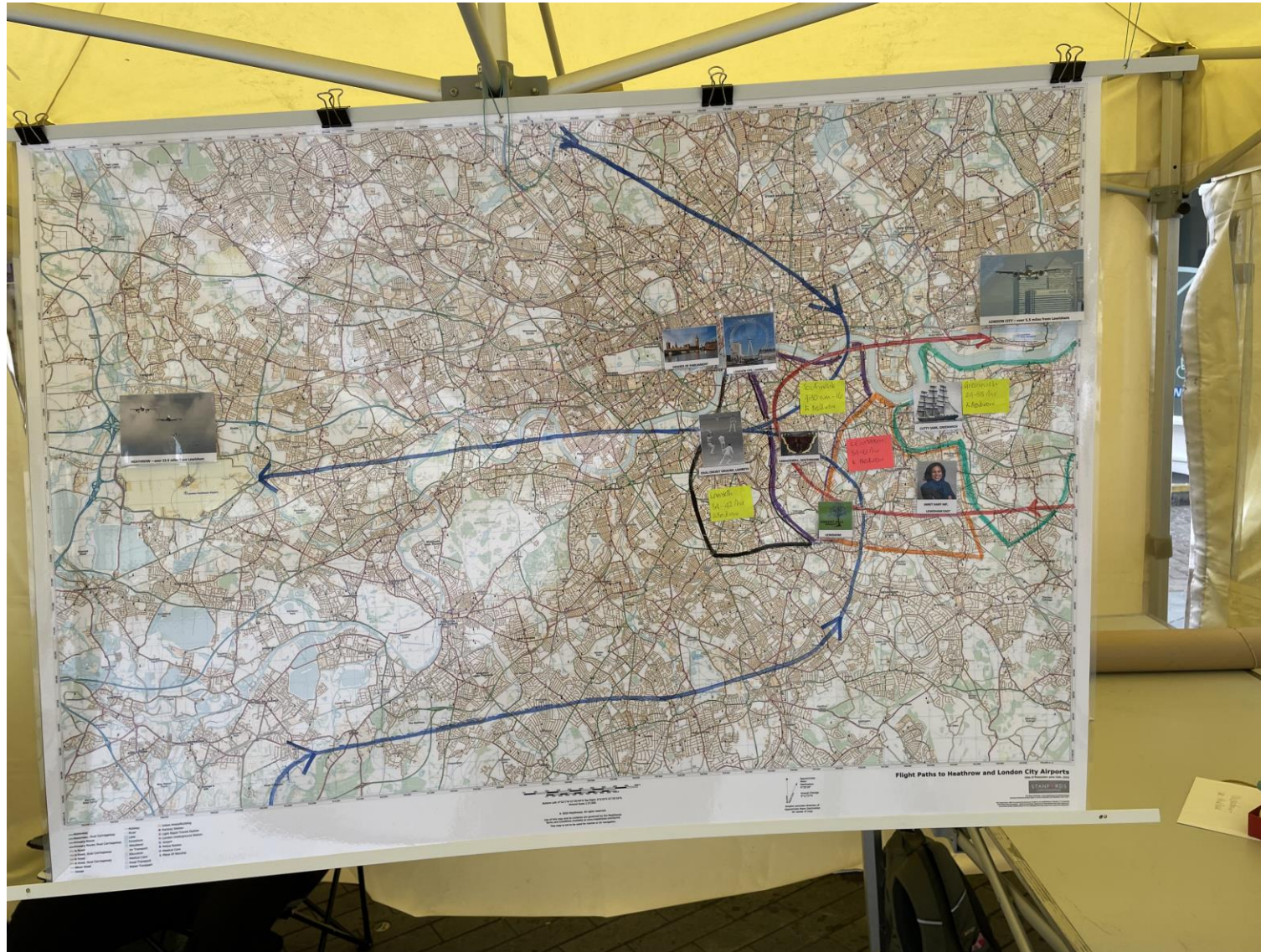


Sleep deprivation and its impact: the following cannot be described as 'annoyance'. It is sheer, debilitating hell.

- so tired with lack of sleep
- often in tears, woken at 4.30am with 60+dB aircraft coming in concentratedly and low over my house and within the intrusive vicinity
- not stopping for 19 hours
- the frequency building up towards 7am in a hellish fashion and
- continuing until 11/11.30pm at 45-second to 3-minute intervals
- my brain was addled
- my work relationships were fraught
- crashed my car a couple of times
- had permanent mouth ulcers and
- tongue lesions making eating difficult
- sense of balance was affected which in turn
- affected my ability to cycle
- I walked into furniture
- often felt physically sick
- my heart raced with anxiety, so much that I thought I or it would explode
- would wake in the night and weep
- deeply depressed at the relentless assault by the noise of planes, often hearing them so close that they might almost be coming in to my bedroom
- dreaded going to bed
- sometimes dreaded leaving work, knowing that my haven of a home was now an unquiet scenario of ceaseless plane activity
- there is no point going to bed early (to make up for being woken at 4.30am) because the dB level and range of aircraft types/noise does not cease until 11/11.30pm.

This cannot be described as 'annoyance'. It is sheer, debilitating hell. And this was 18 miles from Heathrow, a journey which takes 2+ hours by public transport. Many of us suffer doubly, being under more than one flight path.





Bridget Bell (Plane Hell Action). Noise and Airspace Community Forum 27/09/2023.

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Heathrow

Start Here Investigate Legend Flight 3D Help

Quick Start Guide

Using WebTrak you can track the flight activity in to and out of Heathrow, along with information about each aircraft.

To view historical trends and traffic patterns click the link below to open WebTrak My Neighbourhood.

WebTrak My Neighbourhood

Aircraft Map Controls Noise Tags Panels

Aircraft

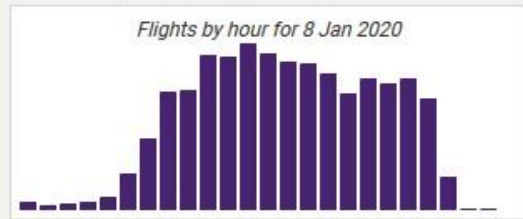
Flights

Display

Prefs

Mode **Show current flights** Historical

Date to load 08/01/2020



Time to start replay 04 17 Set



8 Jan 2020
04:17:11



69

511: Camberwell, : 68.6dB
Event Information:
Lmax: 70dB
Duration: 37s



15x



Leaflet



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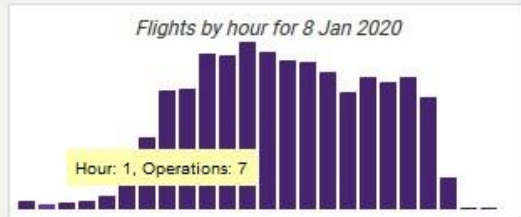
Flights

Display

Prefs

Mode **Show current flights** Historical

Date to load 08/01/2020



Hour: 1, Operations: 7

Time to start replay 04 17 Set



8 Jan 2020

04:17:11



BA058

Flight Id: BA058
Tail Number: GCIVU
Aircraft Type: 744
Origin: CPT
Destination: LHR
Height: 3,314 ft
Path: Arrival



15x



Leaflet



