

Subject: submission - 'Safeguards for airports & the communities around them'

Dear Mr Dowie,

Thank you for allowing me to comment on the discussion paper 'Safeguards for airports and the communities around them', as it relates to aircraft noise.

I live in North Canberra (Watson) and my 'community expectation' is for me and my neighbours to be able to have a good night's sleep, which is undisturbed by aircraft noise. I see this as a matter of public health. Studies in Europe have shown clear evidence of a link between night-time exposure to aircraft noise and high blood pressure. This heightened blood pressure occurs even if the sleeping person doesn't wake up (European Commission's HYENA study at [www.hyena.eu.com](http://www.hyena.eu.com), which was published in the European Heart Journal, 2008).

Reading the discussion paper, I was disappointed in the lack of safeguards to sleep. Living in the old part of Watson, I am adjacent to the flight path where I can regularly hear aircraft - in fact, in the mornings I don't need an alarm, the noise of aircraft between 6.10 and 6.40 is easily louder than my radio. Background noise in Watson is very low, particularly at night, which is the major reason we settled here. While local ACT laws protect my sleep from being disturbed by other noise, but there are no equivalent measures to protect my sleep from aircraft noise (which has resulted in the Canberra Airport proposing a 24 hour freight hub, which will seriously disturb the sleep of local residents).

Please ensure that the safeguards state:

- Sleeping hours will not be disturbed by aircraft noise for any local community
- Night-time exposure to aircraft noise is detrimental to public health
- Night-time noise standard should be established, respecting evidence of the noise level at which sleep disturbance occurs (for example the World Health Organisation)

Yours sincerely,

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