



The countryside charity  
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2<sup>nd</sup> March 2021

Dear Night Flights Consultation Team

### **Night flight restrictions at Heathrow, Gatwick and Stansted airports between 2022 and 2024**

This is the formal response of CPRE Sussex, countryside charity, to the above consultation. We intend to submit further comments on part 2 of the consultation relating to Future Night Flight Policy in due course. CPRE Sussex works to enhance, promote and protect the Sussex countryside and the ability of local communities to enjoy and value the natural world.

We do not support the proposal that existing controls on night flights at Gatwick, Heathrow, and Stansted should be continued for a further two years from 2022-24. The consultation itself acknowledges the World Health Organisation's evidence that that sleep disturbance caused by aircraft night operations can have adverse health impacts on affected communities. Research referenced in our report [Flight Blight – the environmental and social costs of aviation expansion - CPRE Sussex](#) shows that we are becoming more sensitive to aircraft noise and that although aircraft have become quieter, the reactions of the communities and resulting political opposition against airport operations all show that annoyance is increasing.

Many communities have adjusted to current lower levels of aircraft noise at night, caused by Covid 19 and the associated reduction in flights. Once these flights resume, the noise will be a shock to many people. We suggest that a night flight ban now may be helpful in enabling people to adjust to the return of aircraft as the sector recovers. Our research shows that tolerance to aircraft noise is about more than the noise level, non-acoustic, socio-psychological factors play a key role, including expectations. If you are 'expecting' peace and quiet, then noise is much more 'annoying.'

Another benefit of banning night flights would be a reduction in light pollution. Research by CPRE in 2016 showed Gatwick Airport and Crawley as amongst the largest emitters of light pollution in Sussex ( [CPRE Night Blight – reclaiming our dark skies - Home page](#) ) There is increasing evidence that light pollution is incredibly damaging to wildlife (See for example: Light Pollution is a driver of

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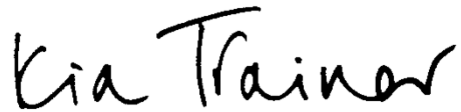
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What is also becoming clearer is that light pollution also harms human health  
(for example see: Outdoor light linked with teens' sleep and mental health  
[NIMH » Outdoor Light Linked with Teens' Sleep and Mental Health \(nih.gov\)](#))

In summary, we believe that now is the time for a complete ban on night flights.

Yours sincerely,

A handwritten signature in black ink that reads "Kia Trainor". The script is cursive and fluid, with the first name "Kia" and last name "Trainor" clearly distinguishable.

Kia Trainor  
Director, CPRE Sussex