

OUR RIGHT TO SLEEP

Heathrow has a voluntary ban on most night flights until 4.30am...
Gatwick flies on average 50 planes through the night.

'Sleep is a biological necessity, and disturbed sleep is associated with a number of health problems.'

Studies of sleep disturbance in children and in shift workers clearly show the adverse effects...

These effects can lead to a considerable burden of disease in the population.'

Source: World Health Organisation 'Night Noise Guidelines for Europe' 2009