

Aircraft noise:

Charlton
London SE7 7PH

Thursday July 4th woken at 05.30

Friday July 5th woken at 04.30, with noise overhead at regular intervals thereafter

Saturday July 13th : aircraft all day and after dark, travelling in Heathrow direction and frequency

Sunday July 14th: woken at 07.00 and aircraft in the Heathrow pattern continued all day.

Monday July 15th: woken at 04.30 when 3 or 4 planes went over in quick succession. Then the same pattern at 05.30.

Tuesday July 16th: woken at 06.00. Noise overhead at regular intervals in the Heathrow direction frequency all day (still going on 22.30)

Wednesday July 17th: Woken at 05.00 by a very low flying aircraft. This was followed by something similar at 05.30.

Tuesday July 23rd: Aircraft noise throughout the day and still going at 23.00

Wednesday July 24th: Woken early morning some time between 05.00 and 06.00

Thursday July 25th : Woken at 05.20 precisely by aircraft landing noises. Noise continued on the Heathrow pattern all day and after dark. At times the noise was audible above the tv.

Friday July 26th: Woken at 04.24 by a very low flying air craft. Similarly low flying air craft continued to come in to land at 10-15 minute intervals until approx 05.30 giving no chance to drift back to sleep. The Heathrow pattern has continued although at greater altitude and a bit less noise. Aircraft noise went on until approx 23.00

Saturday July 27th: Woken at 05.00.

Sunday July 28th: Woken at 05.45 and kept awake by planes around every 90 seconds up to time (07.43). This pattern continued until 23.00.

Monday July 29th: Woken at 0.5.55. Aircraft noise continued but at higher altitude and lower volume. Last plane over around 23.00

Tuesday July 30th: Woken around 05.00 with low flying aircraft over head at short intervals for around 2 hours. Last plane over at c 23.00

Wednesday July 31st: Woken at 04.20 by two aircraft passing overhead in quick succession Managed to drift back to sleep. Woken again at 06.00 by aircraft that have been in the Heathrow pattern ever since (ie travelling west at approx 90 second intervals)

Thursday August 1st: I woke early (05.00) as I am getting pre-programmed to do so. However, I was able to drift back to sleep (must have been a favourable interval between planes) and was only awoken again around 07.00 by aircraft noise. This went on until 23.00

Friday August 2nd: Woken early (05.00) by aircraft noise that has continued in the Heathrow pattern.

Saturday August 3rd: Woken at 05.15 by aircraft noise. It has been suggested to me that perhaps I am being affected by aircraft flying into City Airport. This seems improbable as the aircraft reach Charlton and then turn west. Also their frequency suggests a larger concern than London City. It also seems unlikely that these aircraft are connected with Gatwick, Luton or Stansted, just based on flight direction. I am receiving nothing from LHR Complaints other than an auto response. I know Darren John son of the London Assembly has been asking for answers about this issue. I wonder what response he is getting. Aircraft noise was audible above the tv during the evening period and went on until approx 23.00

Sunday August 4th: Planes started going over around 06.10. Not ideal but better than 04.30! Planes went over all day in the Heathrow pattern until 23.00

Monday August 5th: It was 06.20 today, which felt like a luxurious concession. The planes continued to come over but at higher altitude and lower volume.

Tuesday August 6th : 03.55 and 04.37 this morning. Can only assume they are Heathrow bound “red eyes”. Guess I am going to have to book myself a trip away in order to catch up on sleep. I cannot function adequately on what I am getting.

Wednesday August 7th: Got through until 07.20, which was bliss.

Thursday August 8th: Catapulted from deep sleep at 05.10 by a low flying and noisy aircraft. It was followed by something equally noisy at 05.20. As my heart was racing with shock I could well see why sleep disruption is used as a torture technique.

Saturday August 10th: Woken just after 06.00 by the early morning spike that went on until around 09.00. Planes overhead all day, with an evening spike (audible above the tv) from around 19.30-23.00

Sunday August 11th: Woken at 05.13 with another over soon afterwards. At time of writing (08.52) the early morning spike is ongoing with incoming flights on the Heathrow pattern of frequency and direction. Continued all day with a late evening spike.

Monday August 12th: Woken 06.20 followed by the early morning spike. Then the Heathrow pattern all day (the planes come in from the south east and then turn west virtually overhead) then a late evening spike.

Tuesday August 13th: Woken shortly before 06.00. Heathrow pattern all day. Evening spike finished 23.05

Wednesday August 14th: Woken at 04.40 by two low flying aircraft that passed over head in quick succession. Heathrow pattern continued all day. Found myself nodding off every time I sat in a chair ("Tiredness kills. Take a Break" If only). Last plane over around 23.10. Noticed how the "relief trial" was hailed as a great success and Greenwich never got a mention (royal borough, more like the forgotten one). Perhaps BBC Local News needs a few calls to tell them! Wonder where this new trial will take place and if I will experience any relief.

Thursday August 15th: First plane over at 05.30. At least it wasn't 04.40. Heathrow pattern all day. Stopped 23.10

Friday August 16th: Woken at 04.55. By 05.05 at least five planes had gone over (all merging into one so difficult to count). No further sleep possible. Last plane over at 23.10

Saturday August 17th: First plane over at 07.00. I had nearly eight hours sleep and feel better for it. Planes over all day on Heathrow pattern. Not sure when they stopped. I intend to carry out a little experiment. I will set my alarm clock for 06.30 on Sunday and wear some Mack ear-plugs overnight (they are well reviewed for effectiveness).

Sunday August 18th: Woken at 05.50 by aircraft noise despite the ear plugs, and although the flight path seemed a bit further to the west than usual and planes seemed at a higher altitude. When my alarm went off at 06.30, about 6 inches from my head I did not hear it and had to take out my ear-plugs to check!

Monday August 19th: Despite wearing the Mack ear plugs I was woken at 04.27, with planes following at 04.37, 04.47, 04.57 and ongoing.

Tuesday August 20th: Awoke naturally at 06.00, WITHOUT my heart going into overdrive. "Came to" at a leisurely pace before the planes started coming over at 07.00 (seemed to be further to the west and higher altitude as well)

Wednesday August 21st: Again, no early morning aircraft noise

Thursday August 22nd: Awoken at 04.45 with another over at 04.50. Things then quietened down, but by then I was wide awake, with no chance of going back to sleep. Last plane over at 23.15

Friday August 23rd: No early planes. Slept through and woke naturally. The difference few night's sleep has made this week has been enormous.

Saturday August 24th: Woken at 05.00 by a series of aircraft overhead (about 5). They seemed further away than the customary early morning "screamers" and I was able to fall asleep again which was a real bonus.

Sunday August 25th: Slept right through; nothing until nearly 08.00

Monday August 26th: Continuing respite

Tuesday August 27th: Business as usual. Woken at 05.00 with planes coming over at regular intervals thereafter. Seemed higher and therefore quieter than usual but still audible. Went on until 23.30, which seemed later than usual.

Wednesday August 28th: Nothing before 07.00

Thursday August 29th: Woken around 04.00-4.30 (too bleary eyed to take exact note of time)

Friday August 30th: Woken at 05.15 by 3 planes going over in quick succession. Further sleep impossible

Saturday August 31st: Silent night

Sunday September 1st: Silent night

Monday September 2nd: Quiet night

Tuesday September 3rd: Woken at 04.35 and another plane came over in descent mode at 04.50. Wide awake and further sleep impossible.

Wednesday September 4th: Woken at 04.50 and another plane passed overhead at 04.52. This was so loud it disturbed a neighbour's dog, which barked for a full hour afterwards. How the ripples on the whirlpool spread outwards. As planes had been going over until after 23.00 last night I got about 5 hours sleep again. Unsustainable.

Thursday September 5th: Quiet night. Slept through