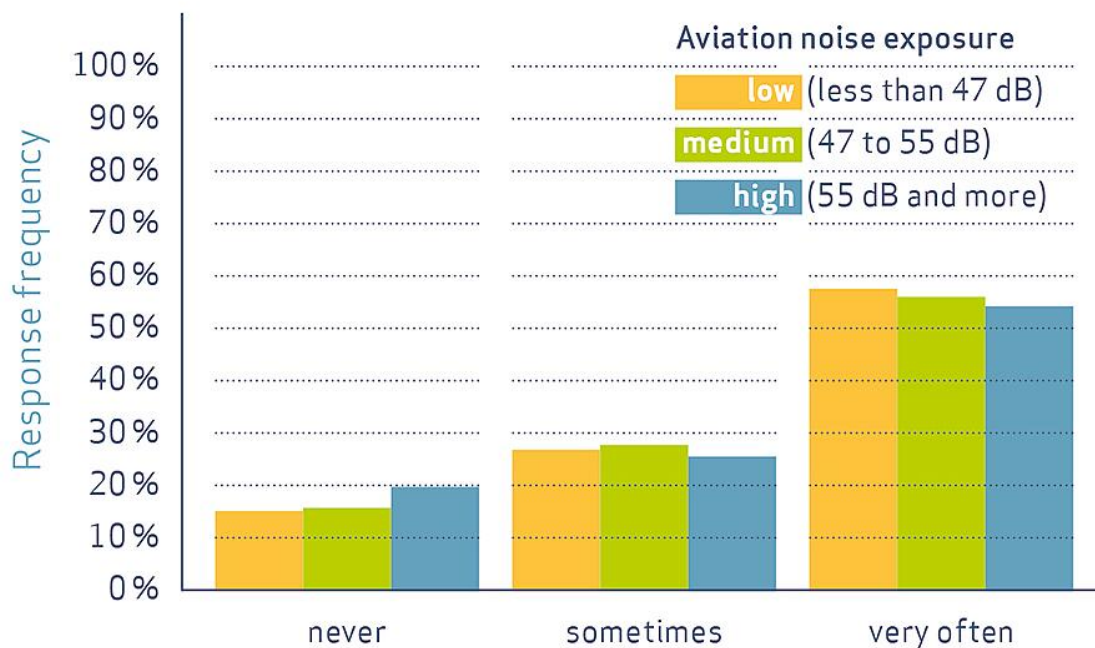


Sleep and mental wellbeing

“In the last week I slept well.”



Responses of the children to the statement "In the last week I slept well." in the groups with low, medium and high aviation noise exposure. Children in the areas with high exposure stated somewhat more frequently that they were "never" able to sleep well in the last week.

The results were similar when the children were asked whether they had slept well in the past week. In the group with the highest level of noise exposure, 20 percent of the children stated that they "never" slept well – compared with 15 percent of the children with only low exposure to aviation noise. The parents, however, gave a different assessment of the sleep quality of their children: their responses to the question about their children's sleep do not indicate any connection with aviation noise.

To assess their mental wellbeing, the children were asked, among other thing, whether they had been bored in the past week. The result: the more aviation noise, the more likely the children were to state that they had been bored in the last week. An increase in the aviation noise by ten decibels (L Glossary) led to a deterioration of 0.14 on a three-point scale. Only around 40 percent of the children



with high noise exposure stated that they were never bored, compared with 53 percent of the children in areas with low aviation noise exposure.