

From: [REDACTED]
Sent: Monday, August 14, 2023 5:10 PM
To: Licensing HF: H&F <licensing@lbhf.gov.uk>
Cc: VPMC
Subject: Objection to Application 2023/01216/LAPR - Papa Johns Pizza. 63 Walham Grove, SW6 1QR

Sirs

2023/01216/LAPR: Papa Johns Pizza: 63 Walham Grove London SW6 1QR

I am writing on behalf of Vanston Place Management Company, who look after the interests of the residents of Dungannon House, a block of 42 residential apartments fronting onto Vanston Place and running back parallel with Walham Grove where Papa Johns is situated. The block consists of 8 floors, approximately half of which have balconies looking towards the applicants property as well as 32 bedrooms, and 23 living rooms facing Papa Johns.

We strongly object to an increase of hours in this application, to in effect 24 hours, on the ground of noise and nuisance in this primarily residential road. Also it would be a dangerous precedent that could lead to numerous demands from nearby businesses wanting similar hours.

Many of our residents overlooking the back of the two restaurants - Papa Johns and its neighbour, Jerk Kitchen are already troubled by the noise and smells that emanate from them. Our building, which is ten years old, has been built to current building specs and thus very well insulated. Our residents have to open windows to allow air in, even in winter, otherwise they will overheat. If Papa Johns cooks throughout the night the smells and noise will continue and interfere what we believe is a human right of a good nights sleep. I believe you are already in receipt of the document showing Hammersmith and Fulham residents are considered to be the most sleep deprived of residents in London. Attached again for reference.

At the front of the premises, all the food cooked throughout the night will have to be sent out using motor scooters. This will result in noise as the drivers arrive/depart or congregate waiting for deliveries. This is currently a quiet area in the early hours or the morning and all noise like this is loud and troublesome. One main route the scooters will take is past the front of our building along Vanston Place, cutting through the pedestrianised section beside Vagabond (illegally) and onto the Broadway. There are no other establishments that work throughout the night in this vicinity at present, and we would like to keep it that way.

As local residents we already have to contend with piles of rubbish and litter from Papa Johns around that corner of the street, if their hours of operation increase, the volume of rubbish will increase. They state in their application Section M, clause d. 'Arrangements for the storage and disposal of refuse will not cause a nuisance'. However they clearly do cause a nuisance as regularly rubbish is left out overnight leaving it open to be strewn around by foxes etc. The attached picture is from yesterday (Sunday 3pm) showing rubbish and litter left out on Saturday night and not collected. This is not an isolated case, it happens most days as I believe the Committee is aware of.

I would now like the Committee to be aware of two pertinent comments from past planning/license applications:

Firstly some information shared by Papa John's in Tower Hamlets stating in bullet point 3 on page one of the 2-page pdf attached of a Lic Hearing on 4/12/19 that it takes two hours to close/shut down a Papa John's Pizza Shop.

One assumes this refers to end of day or end of night/small hours closing and that this entails cleaning, rubbish organisation, lights on, staff in the shop and moving out onto the pavement doing various, doors opening and closing to the street or rear areas etc. I enclose the 2-pg pdf of the decision.

Although each Licence Application must be considered on its own merits, this 2-hour window seems like a company-wide procedure that would also be similar at the existing Premises at 63 Walham Grove. This would be important to note as it means there will be noise and possible ongoing movement nuisance of rubbish onto the pavement during sleeping hours. If granted 24-hr when would these cleaning procedures take place?

Secondly, at the appeal with the Planning Inspectorate regarding the change of use for this building, they quite rightly took into consideration any adverse effect it would have on people living nearby as a result of noise and disturbance. In making their decision they put a condition on the approval of the application regarding closing times - keeping it in line with neighbouring establishments. Currently the nearest neighbouring similar establishments, The Cock Tavern, Jerk Kitchen and Fouberts (now called Vanston Cafe) close at 12am, 11pm and 11pm respectively. Papa Johns is currently in keeping with these so according to this condition there should be no further increase in these hours. Earlier this year they requested an increase of hours, which has already been declined. This is a residential area, not an industrial estate where night time working would be more easily tolerated.

One resident here has recently reported to me that 'way after 12.00' they had pulled the shutters down appearing to be closed, but were still operating their business. Perhaps this was within their 2-hour shutting down?, but there were taking money and trading way past their approved hours. This flagrant disregard for the law is of concern.

I have noted that there are two branches of Papa Johns, Hammersmith and Putney, which are both within easy reach, particularly on empty roads at night. Both of these are far better suited to run a Night Kitchen, as they are surrounded by similar establishments, restaurants, cafes and takeaways, rather than at the end of a quiet residential road like Walham Grove. Both are on major arterial roads, and Putney even has off street parking for scooters. Papa Johns is a nationwide chain and could easily run this new venture from another branch, in a less residential setting.

If this extension is granted it will set a precedent and we are fearful of this. A vibrant mixed community is one thing during the days and into late evenings, but residents are also a vital part of the mix and their nighttimes need to be protected. Our building is surrounded by similar establishments and it would be intolerable if they all decided to request similar working hours.

We respectfully request that all the current variations to the license be rejected.

I would appreciate acknowledgment of this email please.

Your sincerely,



For and on behalf of

Vanston Place Management Company

On 15 Aug 2023, at 10:53, Amanda <[REDACTED]> wrote:

Hi Lorna

Thank you for confirming receipt of our objection

Apologies for not including my address- it is as follows

[REDACTED]

If there is anything further please let me know

Thanks

[REDACTED]

Sent from my iPhone

From: [REDACTED]

Sent: Monday, August 21, 2023 4:34 PM

To: Licensing HF: H&F <licensing@lbhf.gov.uk>

Cc: VPMC

Subject: Re: Objection to Application 2023/01216/LAPR - Papa Johns Pizza. 63 Walham Grove, SW6 1QR

Hi Lorna

Further to the representation below we decided to open a Petition as feelings were running quite high about this in our building, so attached is a scan of the Petition. I only started it on Saturday and a large number of people are away on holiday, but we still managed to garner quite a lot of signatures. I hope this helps show how many locals are very much against this application.

I have put the originals in the post just now (first class) addressed to you.

Kind Regards

[REDACTED]

For and on behalf of

Vanston Place Management Company

[REDACTED]





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Agenda item

Application for Variation of a Premises Licence for Papa John's Pizza, 6 Cable Street, London E1 8JG

• [Meeting of Licensing Sub Committee, Wednesday, 4th December, 2019 5.30 p.m. \(Item 3.1\)](#)

Minutes:

At the request of the Chair, Ms Lavine Miller-Johnson, Licensing Officer, introduced the report which detailed the application for a variation of a premises licence for Papa John's Pizza, 6 Cable Street, London E1 8JG. It was noted that objections had been received by local residents.

At the request of the Chair, Mr Harris Sarwar, Applicant's representative explained that the application sought was to provide a late night opportunity for customers to buy pizza. He explained that they had 20 members of staff, the company valued the local community and their main aim was to serve the local community. He stated that there had been no complaints of crime and disorder at the premises.

It was noted that a silencer had been added to the extractor fan to reduce noise, exhaust silencers had also been added to the delivery vehicles and they were currently looking at the waste policy to make bags more durable.

It was noted that the objectors were not present at the meeting and therefore the Sub-Committee noted and considered the written objections contained in the agenda pack.

In response to Members' questions, the following was noted:

- A takeaway order usually takes 20-25 minutes.
- The incident referred to in the objection, where the premises was seen to be open beyond trading hours, occurred when staff were waiting for a customer to collect their order.
- It can take up to two hours to close down the premises.
- There were other premises on Cable Street which also used delivery drivers and vehicles.
- Papa John's staff and motor vehicles could easily be identified by their uniform/logos.
- They had purchased new bikes with built in silencers to help reduce noise.
- Since opening, they had been taking extra precautions and measures – and were willing to adopt any new conditions the Sub-Committee felt necessary and proportionate.
- The latest CCTV camera system had been installed. The



- A silencer had been added to the extractor fan and seven new vehicles with exhaust silencers had been purchased to help reduce noise.
- Staff had been re-trained.
- Staff cleaned the outside of the premises regularly each day.
- Signs asking customers to leave quietly and respect the needs of local residents were displayed in the premises.

Members adjourned the meeting at 6.20pm for deliberations and reconvened at 6.35pm.

The Licensing Objectives

In considering the application, Members were required to consider the same in accordance with the Licensing Act 2003 (as amended), the Licensing Objectives, the Home Office Guidance and the Council's Statement of Licensing Policy and in particular to have regard to the promotion of the four licensing objectives:

1. The Prevention of Crime and Disorder;
2. Public Safety;
3. The Prevention of Public Nuisance; and
4. The Protection of Children from Harm.

Consideration

Each application must be considered on its own merits. The Sub-Committee carefully considered all of the evidence before them including the application and written objections contained in the agenda pack and the representations at the meeting from representatives on behalf of the Applicant.

The Sub-Committee considered the objectors' concerns about the likely increase in noise, public nuisance, crime and anti-social behaviour if the application were to be granted.

The Sub-Committee considered that there was insufficient evidence in the application and operating schedule to demonstrate or satisfy the Sub-Committee that the granting of the application would promote the licensing objectives, in particular the prevention of public nuisance.

The Sub-Committee was not satisfied that conditions would adequately mitigate the risk of public nuisance caused by noise from staff, customers and delivery drivers at late night in an increasing densely populated residential area.

Accordingly, the Sub-Committee unanimously:-

RESOLVED

That the application for a variation of the Premises Licence for Papa John's, 6 Cable Street, London E1 8JG be **REFUSED**.

Supporting documents:

- [Papa Johns cover report, item 3.1](#) 📄 PDF 346 KB
- [Papa Johns Appendices Only, item 3.1](#) 📄 PDF 1 MB



The Planning Inspectorate

An Executive Agency in the Department of the Environment and the Welsh Office

TP/824/63

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Houlton Street
Bristol BS2 9DJ

Direct Line 0272-218927
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Fax No 0272-218769
GTN 1374

RN/93/00026

National Commercial (Planning)
Unit 12
Coldart Centre
King Edward Avenue
DARTFORD
Kent
DA1 2HZ

Your Ref:
993NC229
Our Ref:
T/APP/H5390/A/93/229294/P7

Allowed

Date: 07 MAR 1994

Dear Sir

TOWN AND COUNTRY PLANNING ACT 1990, SECTION 78 AND SCHEDULE 6
APPEAL BY MR A SOTERIOU & MISS M TSIELEPIS
APPLICATION NO: 93/00026

1. I have been appointed by the Secretary of State for the Environment to determine this appeal. The appeal is against the failure of the Council of the London Borough of Hammersmith and Fulham to give within the prescribed period notice of their decision in respect of an application for the conversion of the existing ground floor bakery use to a fish and chip take-away restaurant at 63A Walham Grove, Fulham. I have considered the written representations made by you and by the Council and also those made by interested persons, including those representations made directly to the Council which have been forwarded to me. As you know, I inspected the site on 31 January 1994.

2. The Council resolved that had it been empowered to do so, it would have refused your clients' application on the grounds that: 1) it would give rise to customer parking and manoeuvring which would be prejudicial to highway safety; and 2) the proposal would result in an increase in noise and disturbance, thereby harming the amenities of nearby residents.

3. The building is within the Walham Green Conservation Area and under the provisions of Section 72(1) of the Planning (Listed Buildings and Conservation Areas) Act 1990 there is a duty to pay special attention to the desirability of preserving or enhancing the character or appearance of such areas.

4. The Council have formulated and published guidelines for restaurant uses which complement policies contained in the adopted Borough Local Plan and the emerging Unitary Development Plan (UDP). Policy SH12 in the emerging UDP

100%



RECYCLED PAPER

indicates that when considering proposals for food and drink establishments, account will be taken of their effect on residential amenities, their impact on traffic and the cumulative effect of the introduction of new A3 Uses. The Council's guidelines for restaurant uses highlight factors such as location and access requirements and the potential detrimental effects.

5. The appeal property is a prominent 3 storey corner building situated on the junction of Walham Grove and Vanstone Place. It is included in the Council's local register of buildings of merit. The application relates to the ground floor of the premises, which was formerly a bakers shop, but is now vacant. In addition to the proposed change of use of the shop to a hot food take-away, the development involves the installation of a new shop front and the fixing of an external ventilation duct to the rear elevation of the building.

6. From what I have read in the representations and seen during my inspection of the site and its surroundings, I consider there are three main issues in this case. These are: firstly, the effect on the character and appearance of the Walham Green Conservation Area; secondly, whether the development would adversely affect the amenities of people living nearby as a result of noise and disturbance; and thirdly, whether it would be detrimental to highway safety.

7. The appeal site is a short distance from Fulham Broadway and the locality is typical of a town centre location, with the buildings containing a mixture of commercial uses at ground floor level and residential accommodation on the upper floors. The proposed use would not be very dissimilar to the previous use which also involved the preparation, cooking and sale of foodstuffs. I noticed that there is a street market in North End Road and the character of the area is one of a busy vibrant shopping centre. I therefore consider the proposal to be entirely in keeping with this character and the new shop front is typical of many in the area. The proposed ventilation ducting would be positioned on the rear elevation of the building, where it would not be widely seen and it is proposed to be painted in a dark colour to minimize its visual impact. I thus conclude the development would preserve the character and appearance of the Walham Green Conservation Area.

8. Turning to the second issue, I noted during my visit that the appeal premises are close to a busy road junction and adjoin a launderette which operates until 10pm every day. There is a public house opposite and several other catering premises in the vicinity which also remain open late into the evening. Having regard to the commercial nature of the locality and the very high volume of vehicular and pedestrian traffic, I found the area to be quite noisy. Whilst I accept that the proposed use would also attract night-time customers, the ambient noise levels are such that I consider it would be most unlikely for residents in the neighbourhood to be

disturbed by additional noise attributable to customers of the proposed fish and chip shop. Furthermore, I am satisfied that I can prevent any customer noise at unsociable hours, by attaching a condition to restrict the operation of the premises to opening times similar to those of comparable nearby establishments. In these circumstances, I conclude the development would not adversely affect the amenities of people living nearby as a result of noise and disturbance.

9. I now turn to the third issue. The appeal site, in common with many of the other properties in the locality, has no off-street parking facilities. Additionally, I noted that there are double yellow lines in front of the premises and in Walham Grove there is kerbside parking for residents and meters for the general public. I have seen no evidence to suggest that customers attracted to the proposed fish and chip shop would add unacceptably to the already high traffic flows, or place undue strain on the available roadside parking in the area. I am therefore not persuaded the proposal would result in a significant increase in pedestrian and vehicular movements. I therefore conclude the development would not be detrimental to highway safety in the locality.

10. The Council have suggested a number of conditions, which I have considered in the context of the criteria set out in Circular 1/85. I also note that the final submitted drawings followed extensive negotiations with officers of the Council and their report to the Sub-Committee indicates that the details contained therein meet with their approval and I see no need for conditions which reiterate the specifications shown on the drawings. In addition to the standard time condition, I therefore only propose to attach conditions relating to hours of operation and the installation of the ventilation system prior to the use commencing.

11. I have considered all the other matters raised in the representations including the presence of other A3 uses in the locality, but I have found no other matter of such weight as those upon which I have formed my conclusions and which lead to my decision.

12. For the above reasons and in exercise of powers transferred to me, I hereby allow this appeal and grant planning permission for the conversion of the existing ground floor bakery use to a fish and chip take-away restaurant at 63A Walham Grove, Fulham, in accordance with the terms of the application No 93/00026, dated 11 January 1993 and the plans submitted therewith, subject to the following conditions:

1. the development hereby permitted shall be begun before the expiration of 5 years from the date of this letter;

2. The use hereby permitted shall not take place other than between 0900 hours and 2330 hours from Monday to Saturday and between 1130 hours and 2230 hours on Sundays;

3. The fume extraction system hereby permitted shall be fully installed and operational before the use is commenced.

13. An applicant for any consent, agreement or approval required by a condition of this permission has a statutory right of appeal to the Secretary of State if consent, agreement or approval is refused or granted conditionally or if the authority fail to give notice of their decision within the prescribed period.

14. The developer's attention is drawn to the enclosed note relating to the requirements of the Building Regulations 1991 with respect to access for disabled people.

15. This letter does not convey any approval or consent which may be required under any enactment, bye-law, order or regulation other than Section 57 of the Town and Country Planning Act 1990.

16. Your attention is drawn to the provisions of Section 74 of the Planning (Listed Buildings and Conservation Areas) Act 1990 which requires consent to be obtained prior to the demolition of buildings in a conservation area.

Yours faithfully

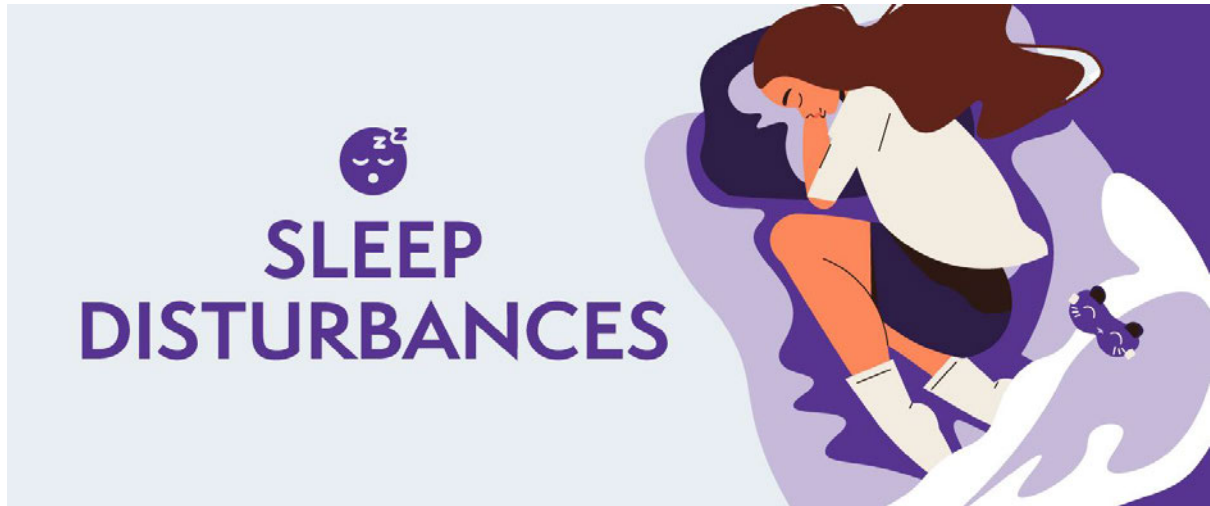
E. C. Grace

E C GRACE DipTP(Nottm) FRTPi FBEng PPIAAS
Inspector

article from Sleepseekers notes H&F most sleep-disturbed borough in London in 2021 (page 6 graphic and text pages 6-7)

<https://www.sleepseeker.co.uk/blog/sleep-disturbances#:~:text=We've%20looked%20at%20which,in%20the%202021%20calendar%20year.&text=Aberdeen%20takes%20first%20place%20with,these%20because%20of%20loud%20music.>

Sleep Disturbances



Is there a better feeling than waking up after having a good night's sleep? For some people around the UK, it's been far too long since they managed to experience this, and the idea of a long and perfect sleep is something only dreams are made of.

There are a number of reasons why our sleep can be disturbed, such as a baby, nearby parties, old [pillows](#) and [duvets](#) that desperately need replacing, or even a barking dog.

That's why our experts at Sleepseeker have looked into which places in the UK have made the most noise complaints, and what the most common type of noise complaint is. We've also found out what worries are keeping us up at night, and how you can rediscover what a good night's sleep feels like.

We've looked at which UK local authorities outside of London have made the most noise complaints in the 2021 calendar year.



THE MOST SLEEP-DISTURBED PLACES OUTSIDE OF LONDON



KEY : Population Noise complaints Noise complaints per 100,000 people

Local authority	Population	Noise complaints	Noise complaints per 100,000 people
1 Aberdeen City Council	198,590	4,459	2,245
2 Southampton City Council	252,520	5,069	2,007
3 Belfast City Council	341,877	6,644	1,943
4 Swansea Council	238,500	3,336	1,399
5 Portsmouth City Council	214,905	2,791	1,299
6 Manchester City Council	552,858	7,155	1,294
7 City of York Council	210,618	2,611	1,240
8 Brighton & Hove City Council	290,885	3,205	1,102
9 Newcastle upon Tyne City Council	302,820	3,225	1,065
10 Blackpool Borough Council	139,446	1,396	1,001

1 - Aberdeen City Council - 2,245 noise complaints per 100,000

Aberdeen takes first place with 2,245 noise complaints per 100,000. Aberdeen had a total of 4,459 noise complaints, with the majority of these because of loud music. Aberdeen also had the second highest complaints about anti-social behaviour, with 711.

2 - Southampton City Council - 2,007 noise complaints per 100,000

Southampton takes second place with 2,007 noise complaints per 100,000. Southampton had a total of just over 5,000 noise complaints, with almost 2,000 of these complaints being about loud music. Southampton was also the only city to complain about noise from the docks.

3 - Belfast City Council - 1,943 noise complaints per 100,000

Belfast completes our top three with 1,943 noise complaints. The capital of Northern Ireland had almost 600 more complaints per 100,000 than fourth-placed Swansea, as well as the third-highest total complaints with 6,644.

The Least Sleep-Disturbed Places Outside of London

We've looked at which local authorities have filed the fewest noise complaints to discover the least sleep-disturbed people in the UK.



THE LEAST SLEEP-DISTURBED PLACES OUTSIDE OF LONDON



KEY : Population Noise complaints Noise complaints per 100,000 people

Local authority	Population	Noise complaints	Noise complaints per 100,000 people
1 Norwich City Council	140,573	98	70
2 Bolton Metropolitan Borough Council	287,550	301	105
3 City of Edinburgh Council	527,620	614	116
4 Leeds City Council	793,139	944	119
5 Bristol City Council	463,377	695	150
6 Wolverhampton City Council	263,357	407	155
7 Plymouth City Council	262,100	605	231
8 Shropshire Council	323,136	836	259
9 Peterborough City Council	202,259	590	292
10 Dundee City Council	148,750	472	317

1 - Norwich City Council - 70 noise complaints per 100,000

Crowned our least sleep-deprived place in the UK is Norwich with just 70 noise complaints per 100,000 people. Norwich also recorded the fewest total noise complaints with just under 100 noise complaints during 2021. Exactly half of Norwich's total noise complaints were a result of loud music.

2 - Bolton Metropolitan Borough Council - 105 noise complaints per 100,000

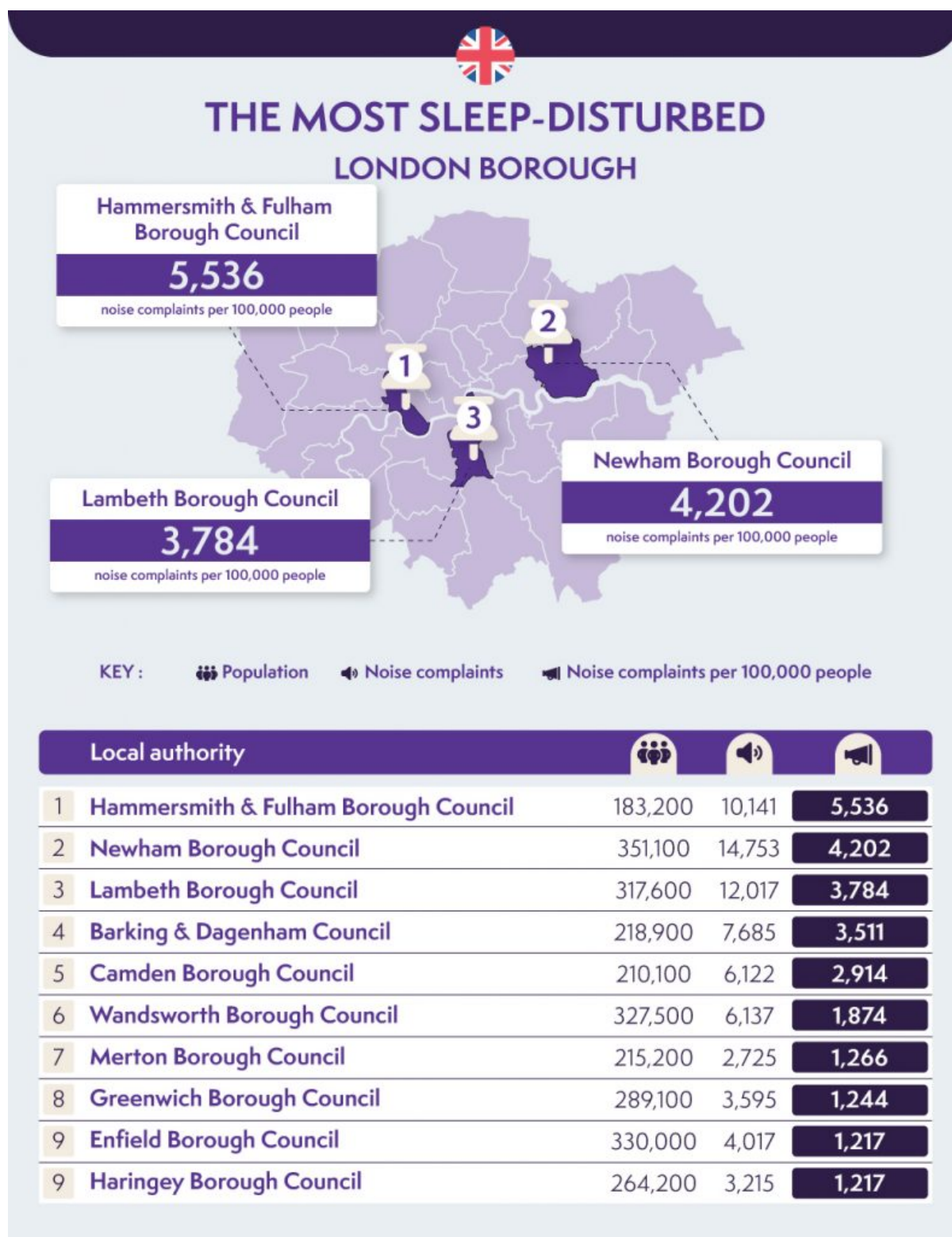
Bolton takes second place with just over 100 noise complaints per 100,000. Bolton also had the second-fewest total noise complaints in the UK with 301. Like Norwich, most of Bolton's noise complaints were because of loud music. Bolton also recorded the most complaints about fireworks, with 14 noise complaints.

3 - City of Edinburgh Council - 116 noise complaints per 100,000

Completing our top three is the capital of Scotland, Edinburgh, who recorded 116 noise complaints per 100,000. Edinburgh's grand total was 614, with over half of these coming from commercial noise. Edinburgh also had 129 complaints about alarms.

The Most Sleep-Disturbed London Borough

London is the most populated city in the UK, made up of 32 boroughs. We wanted to find out which of these London boroughs filed the most noise complaints in 2021.



1 - Hammersmith and Fulham Borough Council - 5,536 noise complaints per 100,000

Hammersmith and Fulham takes the top spot with just over 5,536 noise complaints per 100,000 people. The

most frequent complaint was due to loud music, followed by domestic complaints, and parties. Interestingly, Hammersmith and Fulham had one of the lowest populations out of the London boroughs, with just three below them, as well as the third most noise complaints in total.

2 - Newham Borough Council - 4,202 noise complaints per 100,000

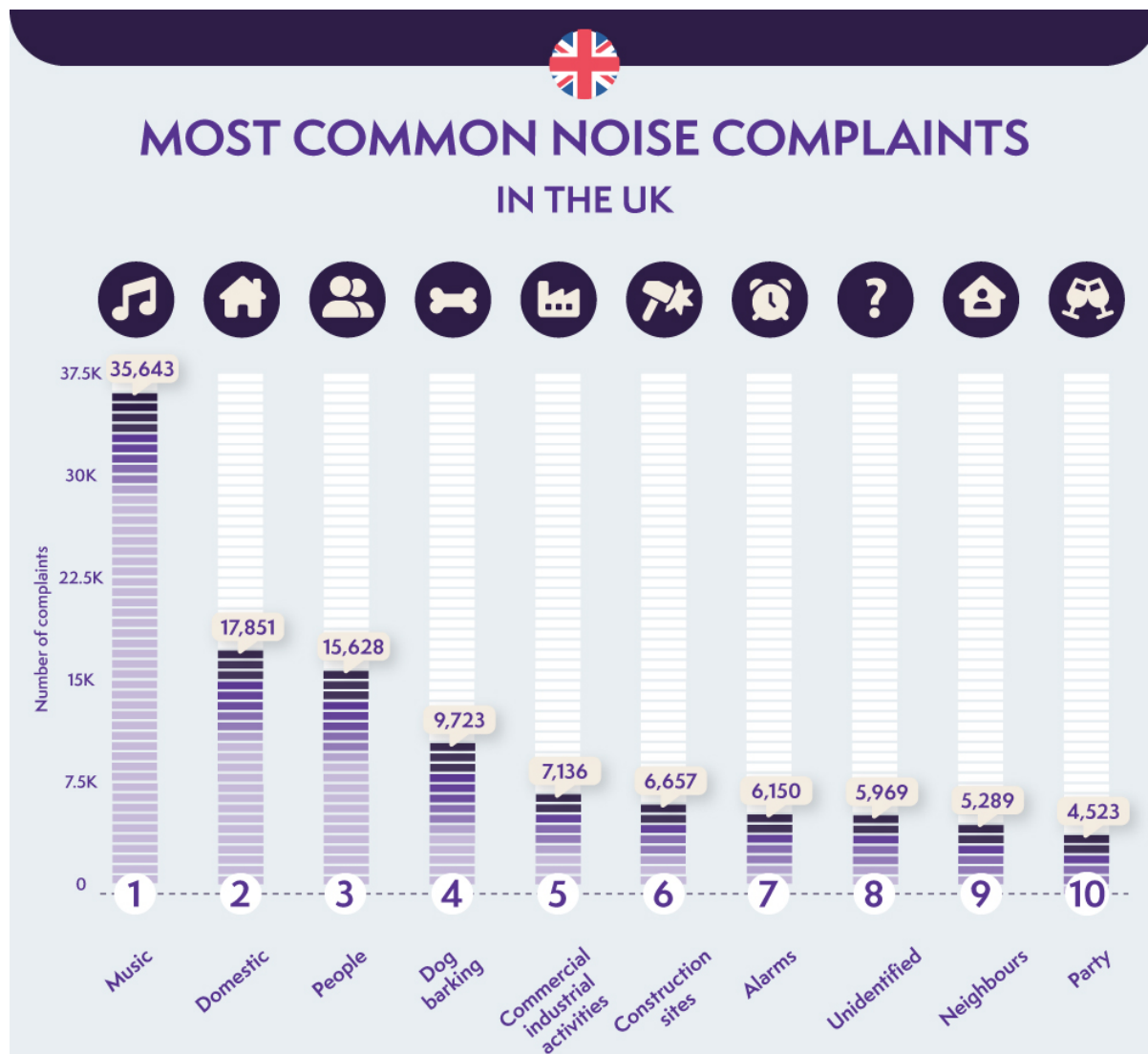
Newham takes second place with 4,202 noise complaints per 100,000. In the east part of inner London, Newham's residents have made a total of 14,753 noise complaints in 2021. Most of these complaints were because of people, which made up over 9,000 Newham's total. Newham also has one of the highest populations out of the London boroughs.

3 - Lambeth Borough Council - 3,784 noise complaints per 100,000

Completing our top three is Lambeth which filed 3,784 noise complaints per 100,000 people. The South London Borough made just over 12,000 noise complaints in total during the course of 2021, the second-highest total in our list.

Most Common Noise Complaints in the UK

We've looked at the different types of noise complaints filed by residents to discover the most common reason people complain about noise.



1 - Music - 35,643 noise complaints

Music was the most common reason people filed noise complaints, with over 35,000 complaints. Listening to music is great, especially in social circumstances or when helping time pass by at work. However, being cautious with volume is important when considering neighbours close by.

2 - Domestic - 17,851 noise complaints

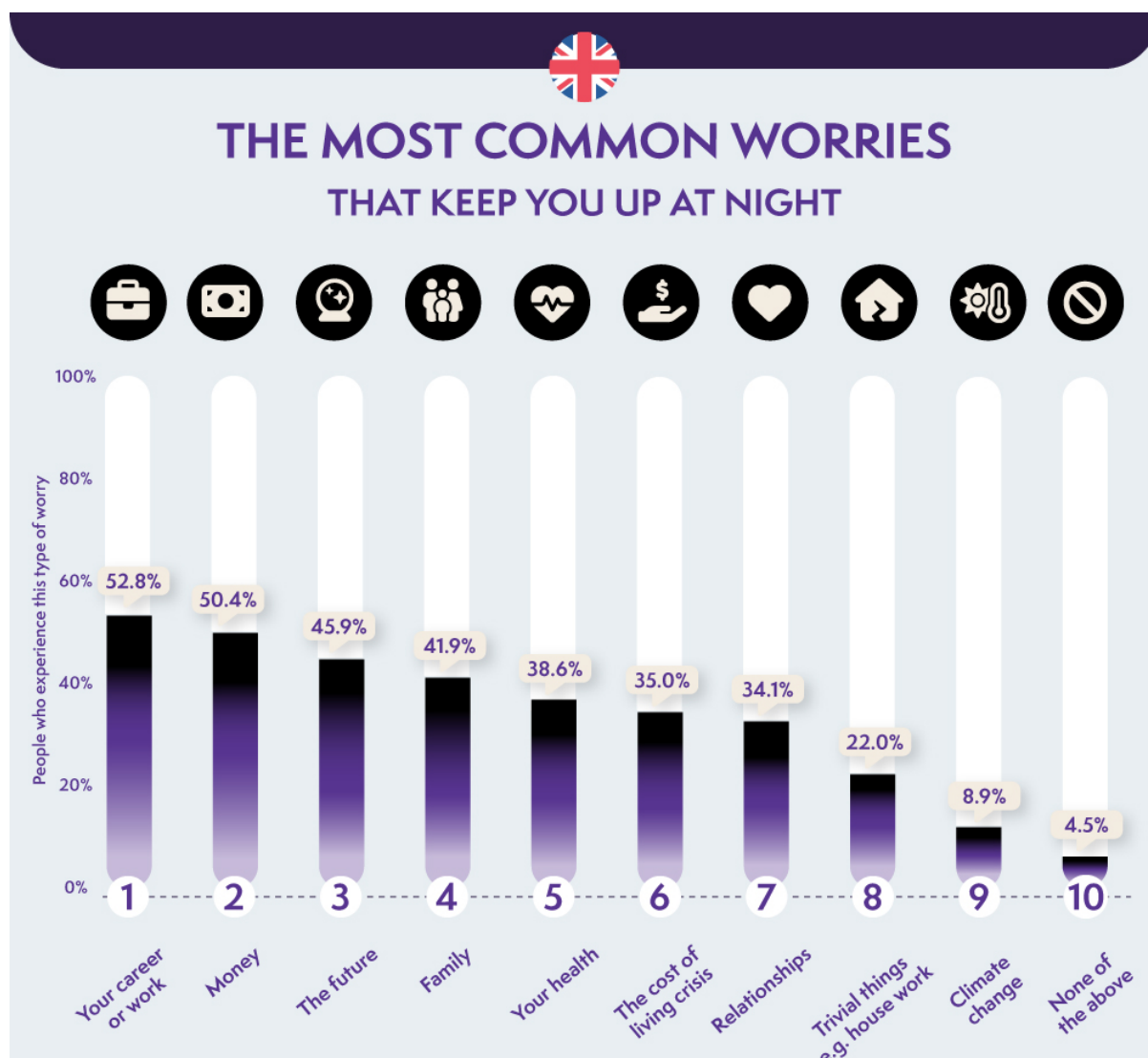
Domestic noise was the second most frequent complaint with almost 18,000 cases in 2021. Domestic noise covers several different complaints, localised in someone's house. Similar to complaints about people, domestic includes raised voices, banging, loud televisions and radios, and DIY activities.

3 - People - 15,628 noise complaints

Completing our top three is complaints against people, with 15,628 complaints made about the noise of people. This includes a number of complaints, such as raised voices, banging, noise from housework etc. A lot of these complaints came from Newham who recorded over 9,000 complaints in this category.

The Most Common Worries that Keep you up at Night

It's not always the external noise that can keep you up at night. Life is stressful and some of these worries can have a detrimental effect on your sleep. That's why we've conducted a survey to find out what worries are keeping you up at night.



1 - Your career or work - 52.8% of people can't sleep worrying about this

Your career or work takes up a large part of your life, and as much as you might love your job, it's natural for things not to go your way in the workplace. This stress was the most sleep-restricting worry with 52.8% of people experiencing this.

2 - Money - 50.4% of people can't sleep worrying about this

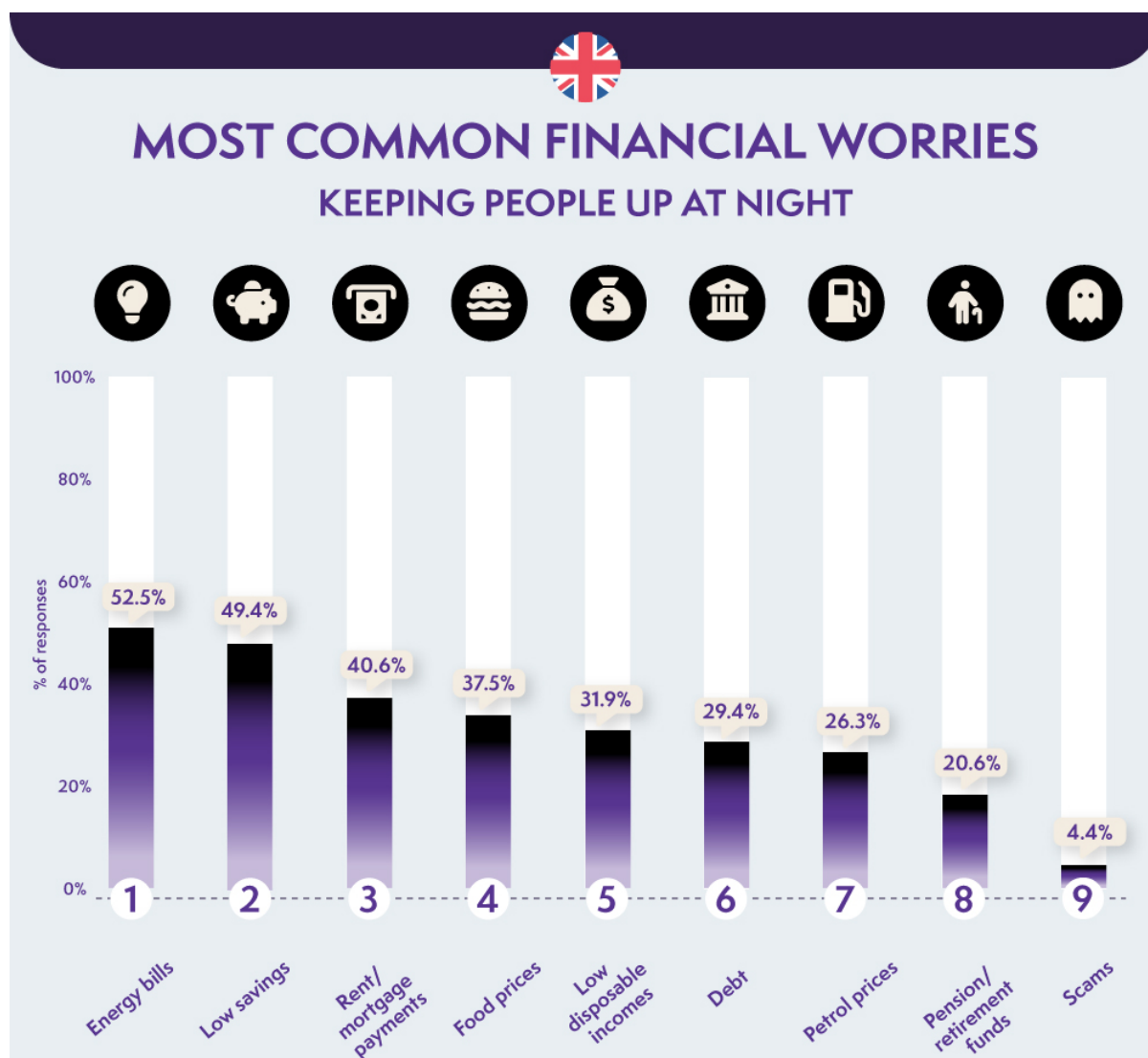
Money closely follows in second place with exactly 50.4% of people struggling to sleep worrying about their finances. This is completely understandable, especially with the cost-of-living crisis making times harder for everyone.

3 - The Future - 45.9% of people can't sleep worrying about this

Thinking about your future can be incredibly daunting. However, it's an important thing to think about, whether it's your career, the next step in your life, or relationships. This intimidating feeling completes our top three with 45.9% of people struggling to sleep with this worry.

Most Common Financial Worries Keeping People Up at Night

With financial worries being one of the most common reasons people can't sleep at night, we've looked into the specifics to find out the areas of finances that stop people from sleeping.



1 - Energy Bills - 52.5% of people can't sleep worrying about this

Energy bills are getting more and more expensive, so it's no surprise that this takes the top spot. 52.5% of people are struggling to sleep as a result of the rising energy costs despite prices being fixed. The current energy price cap stands at 34p per kWh for households.

2 - Low Savings - 49.4% of people can't sleep worrying about this

Low savings are the second most common financial worry that keeps people awake at night, with 49.4% of people experiencing this. As important as saving is, it's more difficult than ever with prices and bills becoming more expensive.

3 - Rent/mortgage payments - 40.6% of people can't sleep worrying about this

Completing our top three is rent and mortgage payments, where 40.6% of people are struggling to sleep because of this worry. For most people, rent or mortgage payments will be the biggest bill, taking up the largest portion of their monthly outgoings.

Therefore, it's no surprise that this type of worry makes the top three.

How Does Sleep Affect People

Using the same survey, we've looked at the effects of poor sleep, what helps people get to sleep and what distracts them, and what type of sleep conditions people suffer from.



How poor sleep affects your life: Concentration - 74.1%

A bad night's sleep can affect your life in a number of ways. The most frequent answer was concentration which was chosen by 74% of our respondents. Motivation, productivity, and overall happiness followed behind with over 60% of respondents choosing these answers too.

The most common method people use to help them get to sleep: Full Darkness - 44.6%

Almost 50% of people chose full darkness as the method which helps them get to sleep. This was followed by reading, and avoiding screen time which was chosen by 32% and 28% of respondents respectively.

The most common distraction whilst trying to sleep: Temperature (too hot) - 75.5%

Warm temperatures were the most common distraction whilst trying to sleep, with over 75% of our respondents choosing this answer. This was followed by light, chosen by 63.3% of respondents, and outside noise, chosen by 57.4% of respondents.

Most common sleep condition: Snoring - 47.7%

Snoring was the most common sleep condition people suffer from, with almost half of our respondents snoring whilst they sleep. This was followed by nightmares and sleep talking which was chosen by 35.9% and 20.9% of respondents respectively.

How to Sleep through Noises and Worries

If you're someone who's struggling to sleep due to noises and worries, then we've got some tips to help you get that good night's sleep you deserve.



1 - Get out of bed!

If you're in bed and struggling to sleep, then get out and do something relaxing until you feel sleepy again. Try doing something in dim lighting, such as reading a book, doing a puzzle, or listening to relaxing music. However, if you are to try this, avoid going on your phone or computer, or watching television.

2 - Don't check the time.

Have you ever been in bed, struggling to sleep and checking the time thinking about how much sleep you could get if you fall asleep then and there? Well, this will not

help you fall asleep any quicker, or take your mind off any worries you may have. Instead, this will just increase your stress levels worrying about how little sleep you could end up getting.

3 - Move your bed

If the noise is stopping you from sleeping, then try moving and positioning the bed as far away from the noise as possible, and away from any outside walls. This might seem like a small change, but it could make a difference to your sleep quality and quantity. You could also try moving heavy furniture next to the wall as a way of blocking the noise out.

4 - Earplugs

They might take a bit of time to get used to, but a good pair of earplugs could help reduce the background noise that's stopping you from sleeping. However, if you are to invest in some earplugs, avoid getting earplugs which block out noise higher than 32 decibels as this will allow you to hear important noises like alarms and crying children.

5 - Avoid caffeine late in the day

Caffeine can stay in your system for up to ten hours, so having a caffeinated drink with dinner, or having a cup of coffee or tea with dessert can make it more difficult to sleep when it comes to bedtime.

Helpful Charities

It might feel like you are alone in your struggles, however, times are tough for everybody. There is help out there and talking to someone may ease those stresses. Below are three helpful organisations which can give you advice and guidance to assist you during these uncertain times

1 - [Step Change Debt Charity](#)

If you are someone who struggles to sleep due to financial difficulties such as debt, then Step Change Debt Charity may be able to help you. Step Change offer incredibly useful advice for a number of different financial situations, whether it's help with debt, or paying your mortgage. As well as advice, Step Change offer schemes and plans to help you manage.

2 - [National Debt Line](#)

Similar to Step Change, National Debt Line is a charity that offers guidance and advice for dealing with debt. They also offer tips on dealing with the cost of living crisis, as well as support in making the most of your money. They also offer free

tools to help you pay off debts in a sustainable way. Budgeting can be a difficult and daunting task, however, the advice offered can make it more manageable.

3 - [Mental Health Foundation](#)

As we revealed earlier, 61.2% of people's overall happiness is affected by poor sleep. Sleep deprivation coupled with the stresses life can bring, can cause your mental health to spiral. You are not alone! The Mental Health Foundation can offer programmes which help you deal with your mental health, as well as numerous links to other charities, such as [Mind](#) and [Samaritans](#) who offer support through talking to people.

Methodology

We sent out an FOI request to the top 50 most populated local authorities, as well as all the local authorities in London, regarding the total number of noise complaints, as well as the different types of complaints they had received during the 2021 calendar year.

We used this information to reveal the most sleep-disturbed places and the most common noise complaints in the UK.

Some local authorities will be missing. This is because they either didn't respond or did not have the information. Each local authority categorised the complaints differently.

We used a Google survey to discover the different types of worries that kept people up at night. Percentages may not add up to 100% due to answers where more than one choice was selected. The survey had 250 responses. Finally, we used [Harrison Spinks](#) and [Sharp](#) for tips on how to sleep through worries and noise.

//end// <https://www.sleepseeker.co.uk/blog/sleep-disturbances#:~:text=We've%20looked%20at%20which,in%20the%202021%20calendar%20year.&text=Aberdeen%20takes%20first%20place%20with,these%20because%20of%20loud%20music>.

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