

Application No:	Consultees Name:	Consultees Addr:	Received:	Comment:	Response:
2017/5233/P	Gail Crossland	Flat 23 45 New Compton Street WC2H 8DF	07/12/2017 15:10:04	COMMEM PER	<p>My bedroom and lounge windows directly face the grounds and Church of St Giles, as do those of the other 20 flats at 45 New Compton Street, WC2H 8DF.</p> <p>Our windows are approximately 5m from the grounds and 20m from the actual church.</p> <p>The proposed lighting of the church and grounds will result in "extremely intrusive light" flooding into our 'close proximity' windows.</p> <p>It is a fact ....that light when sleeping, adversely affects one's health. It unnaturally elevates cortisol levels at night, which disrupts sleep and introduces a host of problems relating to body-fat levels, insulin resistance and systemic inflammation. It also contributes to sleep deprivation and a disruption of the neuroregulation of appetite.</p> <p>I am therefore for all the reasons above, against any installation of lighting of the Church or grounds of St Giles.</p>

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