



County of Parkland

I am writing this letter regarding the increasing problem and frequency of trains blowing their horns at night. I have lived in the community of Shannon Meadows for about 20 years. When I first moved here you would perhaps hear a train blow its horn on Wednesday at 5 in the morning and you learned to tolerate it but now there is up to 30 trains a day and they blow their horns 4 times at every crossing which is definitely counterproductive to sleep. There have been extensive studies done on sleep deprivation. The only restorative sleep we get is in REM sleep and if we are brought out of REM sleep by the 90 DB that is put out by a train whistle our bodies are put out of REM into a lighter state of sleep. It takes our bodies time to get back into REM sleep and we may not be getting any sleep at all. In the case of children a child unable to sleep may be a D student when he could be an A student or someone who is ill such as my neighbor Scott who suffers from diabetes and MS gets very little sleep at all from the trains and cannot afford to move away is being tortured inadvertently by CN. Although there is no malice or facetiousness in blowing the horn, it is never the less life altering even to the point of being life shortening and needless. This needs to stop. I have attached an article taken from the National Sleep Foundation on this subject.

Every railroad crossing from Stony Plain to Lake Wabamun has either lights or arms and lights. In the petition that we took around 98% of the over 100 people signed immediately and agreed desperately that the horn honking needs to stop.

Stony Plain and Wabamun has been successful at petitioning CN to stop the horn honking and the horn honking has stopped. There is no reason for the horns to be honked between Stony Plain and Lake Wabamun as of the aforementioned lights and arms. Of the less than 2% who felt it was a safety reason I suggest the following solution. In case the lights and arms failed the County should install stop signs at every railroad crossing and prepare to stop signs at the crossings. It would put the onus on the motorist to stop and then proceed safely. In the case of an animal, person or vehicle obstructing the tracks no one would object to the horn being honked at those events but those events only.

We would like to ask the council to instruct the administration to move forward on this immediately.

Sincerely

Norm Klassen

Sleep-Wake Cycle

It's Physiology and Impact on Health

Page 12

Why sleep matters: the impact of sleep and sleep loss

Although scientists still are trying to find out why people need sleep, research on the sleep of animals shows that sleep is necessary for survival. Some experts believe sleep allows the body to repair itself; during sleep many cells show increased production of proteins, the essential building blocks needed for cell growth and repair of damage from stress and ultraviolet rays. The fact that many biochemical and physiological processes take place during sleep has led to a consensus among researchers that adequate sleep is essential to health and wellness. A look at the impact of sleep loss on physiological and cognitive functions can also help shed light on the purpose of sleep. Some of these functions include memory and attention, complex thought, motor response, and emotional control. But sleep loss does far more than make us grumpy and groggy. In the past few years, investigators have found that sleep loss may have harmful consequences for our immune and endocrine systems, as well as contribute to serious illnesses such as obesity, diabetes, and hypertension. Sleep, Cognitive Performance, and Mood The evidence that sleep deprivation adversely affects cognition and motor performance is striking. One study showed that people who were awake for up to 19 hours scored substantially worse on performance and alertness than those who were legally intoxicated.²¹ Other studies have found:

- After one night of total sleep deprivation, subjects scored significantly lower on tests of judgment, simple reaction time, explicit recall, and inverse word reading.
- Daytime alertness and memory are impaired by the loss of eight hours of sleep, especially when sleep loss is sustained over a few nights. Getting three, five, or less than seven hours of sleep a night for seven consecutive nights can significantly impair alertness and motor performance. In addition, researchers at Stanford University found that people with mild to moderate sleep apnea, a health condition in which breathing stops periodically during sleep and disrupts sleep, did as badly or worse on reaction-time tests as those who would be considered to be inebriated in most states. It is well documented that sleep loss can adversely affect mood. We all know how irritable we become after a night spent tossing and turning. A growing body of medical evidence links inadequate sleep with anger, anxiety, and sadness. University of Pennsylvania researchers found that when study subjects were only allowed to sleep 4.5 hours a night for one week, they reported feeling more stressed, angry, sad, and mentally exhausted, with overall scores for mood and vigor declining steadily during the test period. When the subjects were allowed to get enough sleep, their mood scores improved dramatically.