

OPERATION SLEEP RESCUE

A Strategic Plan to Evict One Noisy Bird

Humanely, Legally, and Before We Lose Our Minds

Prepared for:

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1 Woods Close, McDowall

Brisbane, Queensland

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“We respect wildlife. We also respect sleep. This document ensures we can have both.”



QUICK ACTION CHECKLIST

Priority	Action	Timing	Status
● High	Flashlight burst to disrupt calling perch	Tonight	☐
● High	Use white noise and earplugs to ensure sleep	Tonight	☐
● High	Identify calling location (tree/roof)	Tonight	☐
● Medium	Install bird spikes on roof ridge	Next 48 hrs	☐
● Medium	Set up motion-activated sprinkler	Next 48 hrs	☐
● Medium	Remove fallen fruit from front tree	Next 48 hrs	☐
● Weekend	Net the backyard fig	This Weekend	☐
● Weekend	Deliver neighbour letter	This Weekend	☐
● Long-Term	Prune tree canopy (winter)	Off-season	☐
● Long-Term	Maintain netting annually	Ongoing	☐

☒ *These steps eliminate food and perches, breaking the bird's nightly routine quickly and humanely.*

HOUSEHOLD HARMONY STRATEGY

Sleep is not optional — it is a biological requirement. Even two nights of sleep disruption increases cortisol, irritability, and emotional reactivity.

This plan is not about being annoyed at a bird — it is about protecting:

- Our physical health
- Our mental wellbeing
- The peace of our home and marriage

The Eastern Koel is a protected species, and we fully respect wildlife.

But it must scream **somewhere other than outside our bedroom window**.

This document gives us a **humane, legal, and effective strategy** to ensure that happens.

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BACKGROUND & CONTEXT

What’s Happening and Why It Matters

In recent weeks, a male **Eastern Koel** (*Eudynamys orientalis*) has been calling loudly from the front area of our property, often through the night and early morning hours. The koel’s call is not a distress cry, but a **territorial and mating call** designed to travel long distances and attract a mate.

This behaviour is normal and seasonal, but it has a significant effect on human wellbeing — particularly when it disrupts sleep over multiple nights.

Sleep deprivation is a serious health factor affecting:

- Mood and emotional stability
- Cognitive performance and reaction time
- Hormonal balance and immune function

This plan is therefore not merely about “reducing noise,” but about **restoring health, peace, and quality of life.**

Why the Koel Chose Our Property

Factor	Present on Property	Why It Attracts the Koel
Fruit source	✔ Backyard fig, front fruiting tree	Koels feed almost exclusively on soft fruits
Elevated calling perch	✔ Front tree & roof ridge	Amplifies sound across neighbourhood
Safe location	✔ Yes	Suburban gardens provide low predator risk
Seasonal breeding instinct	✔ Active now	Male is selecting the best territory to attract females

In short: Our property currently provides a **5-star resort for Eastern Koels.**
To make it leave, we simply need to downgrade its amenities.

3.3 Our Objective

To remove food and calling surfaces that make our home attractive to the koel, while applying gentle deterrents so the bird **voluntarily chooses a new location.**
This approach is **legal, humane, and highly effective.**

UNDERSTANDING THE EASTERN KOEL

What Is an Eastern Koel?

The Eastern Koel is a migratory cuckoo that arrives in Queensland each spring from Papua New Guinea. It is known for:

- Laying its eggs in other birds' nests (brood parasitism)
- Producing loud, repetitive mating calls, often throughout the night

If birds had karaoke battles, the koel would be the undefeated champion — unfortunately, it chooses our bedroom window as its stage.

Why It Calls at Night

- Male koels call loudly to attract females and defend territory.
- Calling often intensifies between **midnight and dawn**.
- They prefer to call from **elevated, fruit-adjacent locations** — which our property currently provides.

Seasonal Calling Calendar (Brisbane)

Month	Bird Behaviour	Noise Level	Recommended Action
Aug– Sep	Arrival, territory scouting	Low	Begin prevention early
Oct–Jan	Peak breeding & calling	High (worst period)	Implement full plan
Feb– Mar	Calls reduce as fledglings leave	Moderate	Maintain deterrents
Apr	Birds migrate north	Low	Prune & prepare for next season

We are currently in the peak breeding phase — action is required now to avoid ongoing disturbance.

Figure 1: Eastern Koel Migration & Calling Cycle – Brisbane, Australia



PROPERTY ASSESSMENT & STRATEGIC LAYOUT

Key Attractants Identified on Property

Location	Feature	Why It Attracts Koels	Recommended Action
Front right tree near driveway	Likely Lilly Pilly (fruit-bearing)	Provides fruit & elevated night-calling perch	Net/bag fruit, install sprinkler, bird spikes above
Roof ridge above this area	Elevated acoustic point	Amplifies call across street	Install stainless or poly bird spikes
Backyard fig tree	Heavy fruit crop	Koel's primary food source	Wildlife-safe netting, daily fruit removal
Adjacent properties	Unknown trees	Potential fallback calling/perching zones	Engage neighbours using friendly note

Koel Behaviour Pattern on Property

- **Daytime:** Bird likely feeds on figs in backyard
- **Evening:** Moves to front tree or roof to begin calling
- **Night:** Calls intensify during early morning hours (1am–5am)

Your property is currently providing both the minibar *and* the karaoke stage.
This plan eliminates both.

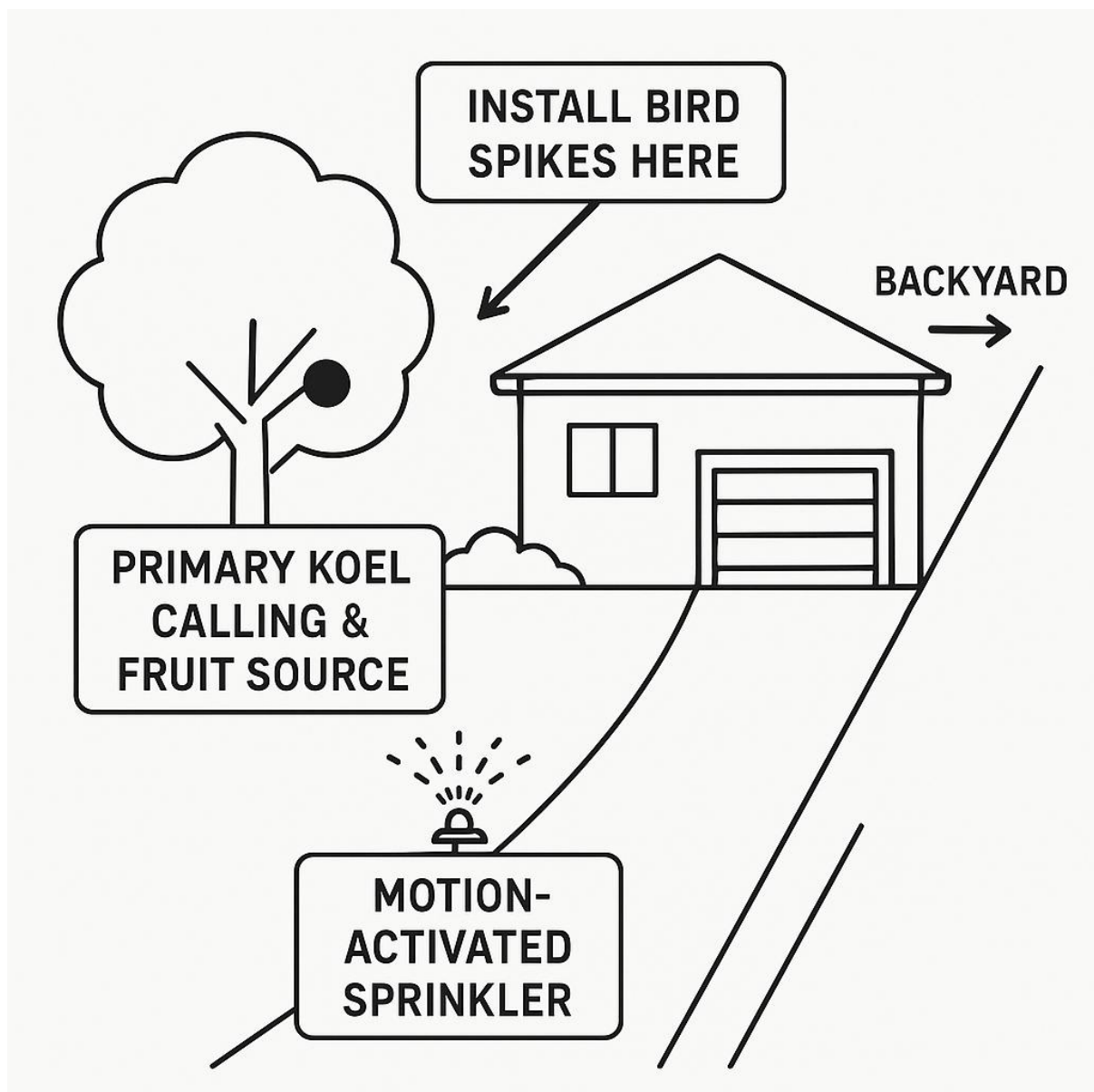
Strategic Objective

To make your property **less convenient** for the bird than other nearby properties — resulting in voluntary relocation.

This is achieved by:

- Removing food access
 - Blocking perches
 - Introducing unpredictable, harmless water deterrents
-

Figure 2: Front yard layout showing key Koel attractants and deterrent installations



DETAILED ACTION PLAN

This section provides exact steps, timing, and intended results.

● Immediate Actions – TONIGHT (Sleep Protection & Disruption)

Step	Action	Purpose	Tools
1	Identify exact calling location	Target future deterrent placement	Torch
2	Use flashlight burst (5–10 seconds) when calling begins	Interrupts territory call and discourages return	High-lumen torch
3	Use white noise in bedroom and earplugs	Reduces disruption to sleep	Fan, noise machine, earplugs

Even one night of disruption can cause the koel to shift its calling location.

● Next 48 Hours – Remove Perches & Begin Deterrence

Step	Action	Purpose
Install bird spikes on roof ridge	Remove calling perch	Permanent physical deterrent
Set up motion-activated sprinkler	Startle bird when it attempts to perch	Koels avoid unpredictable water
Remove fallen fruit	Stop positive reinforcement	Fruit is the primary attractant

● Weekend Priority – Remove Food Source

Step	Action	Purpose
Wildlife-safe netting over fig tree	Block food access	Legal and humane
Bag or net fruit on front tree	Same rationale	Prevents re-attraction

Step	Action	Purpose
Deliver neighbour letter	Encourage area-wide deterrence	Increases likelihood of success

Long-Term Prevention (Post-Season)

Season	Action	Purpose
Autumn/Winter	Light prune top canopy	Remove elevated calling posts
Winter	Store netting ready for next fruit cycle	Anticipate migrations
Year-round	Keep bird spikes installed	Stop return next season

Success Timeline

Timeframe Expected Outcome

1–2 nights	Calling decreases or shifts location
3–5 nights	Bird relocates to alternate site
1 week	Sleep restored
Next season	Bird avoids your property

PRODUCT RECOMMENDATIONS & TOOLS

This section converts the plan into clear buying decisions.

Primary Deterrent Devices (Humane & Legal)

Category	Product Example	Purpose	Notes
Bird Spikes	Saxon Stainless Steel Spikes	Removes calling perch	Install on roof ridge above front tree
Motion Sprinkler	Orbit Yard Enforcer	Startle deterrent using water	Set to night mode, pointed at tree
Wildlife-Safe Fruit Netting	Backyard Farmer 5mm Mesh	Prevents koels accessing figs	Required by QLD wildlife laws
Fruit Protection Bags	10-pack mesh bags	Cover smaller fruit clusters	Can target front tree berries easily

Installation Tools

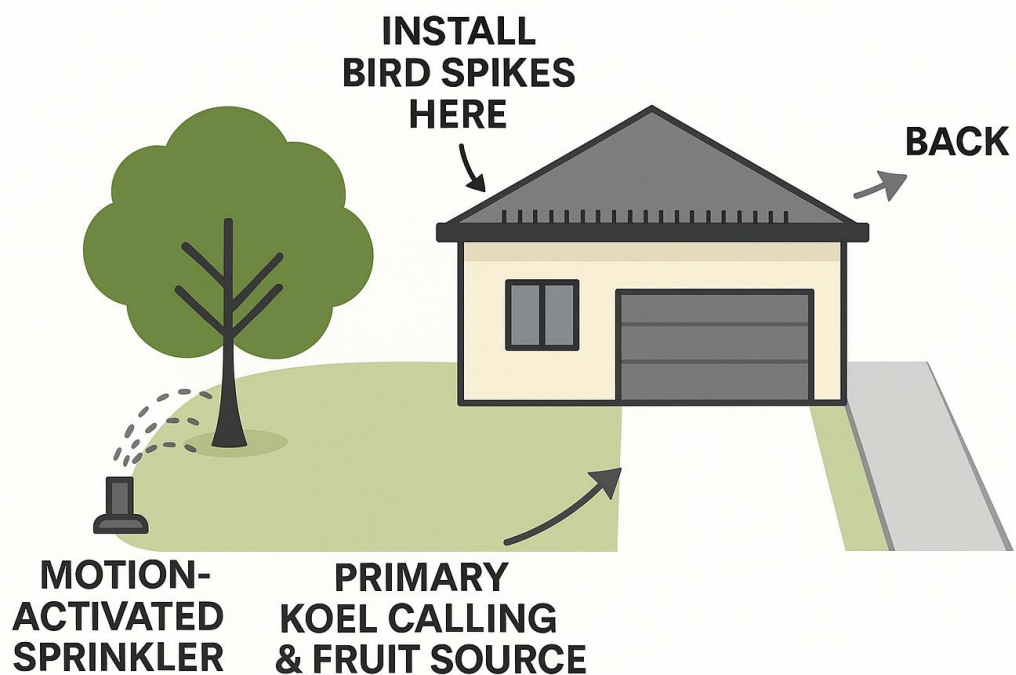
Tool	Purpose	Tip
Exterior silicone or screws	Secure spikes to roof	Silicone avoids roof damage
Garden clips / cable ties	Secure netting tightly	Prevents wildlife entanglement
Star pickets + poly pipe	Create dome frame for netting	Keeps net taut and legal
Torch / headlamp	Immediate deterrence	Use high-lumen, short bursts only

Sleep Support (Short-Term Relief)

Item	Purpose	Comment
White noise machine or fan	Mask Koel call frequencies	Even a box fan works well

Item	Purpose	Comment
Earplugs (NRR 29–32)	Physical noise reduction	Available at chemist or Bunnings
Sleep mask	Reduces sensory stimulation	Supports deeper sleep

Figure 3: Product Placement Map



NEIGHBOUR ENGAGEMENT & APPENDICES

Friendly Neighbour Engagement Note

Subject: Quick favour re loud night bird

Hi neighbour 😊

You might have heard the loud “koo-EEEL!” bird calling late at night. It’s a migratory Eastern Koel that feeds on fruit trees like figs and lilly pillies. We’re putting wildlife-safe netting on our trees to gently encourage it to move on, and it really helps if we work together.

If you happen to have any fruiting trees, would you be happy to cover or net them temporarily, or pick up fallen fruit for a few weeks? I’m happy to help or provide netting.

It’s only for this breeding season — and it will help all of us get some sleep again!

Thanks so much 😊

– [Your Name]

Appendix A: Koel Facts

Fact	Details
Scientific Name	<i>Eudynamys orientalis</i>
Call Purpose	Mating call by males
Active Hours	Often 9pm–5am
Diet	Figs, berries, soft fruit
Migration	Arrives Aug–Sep, leaves Mar–Apr

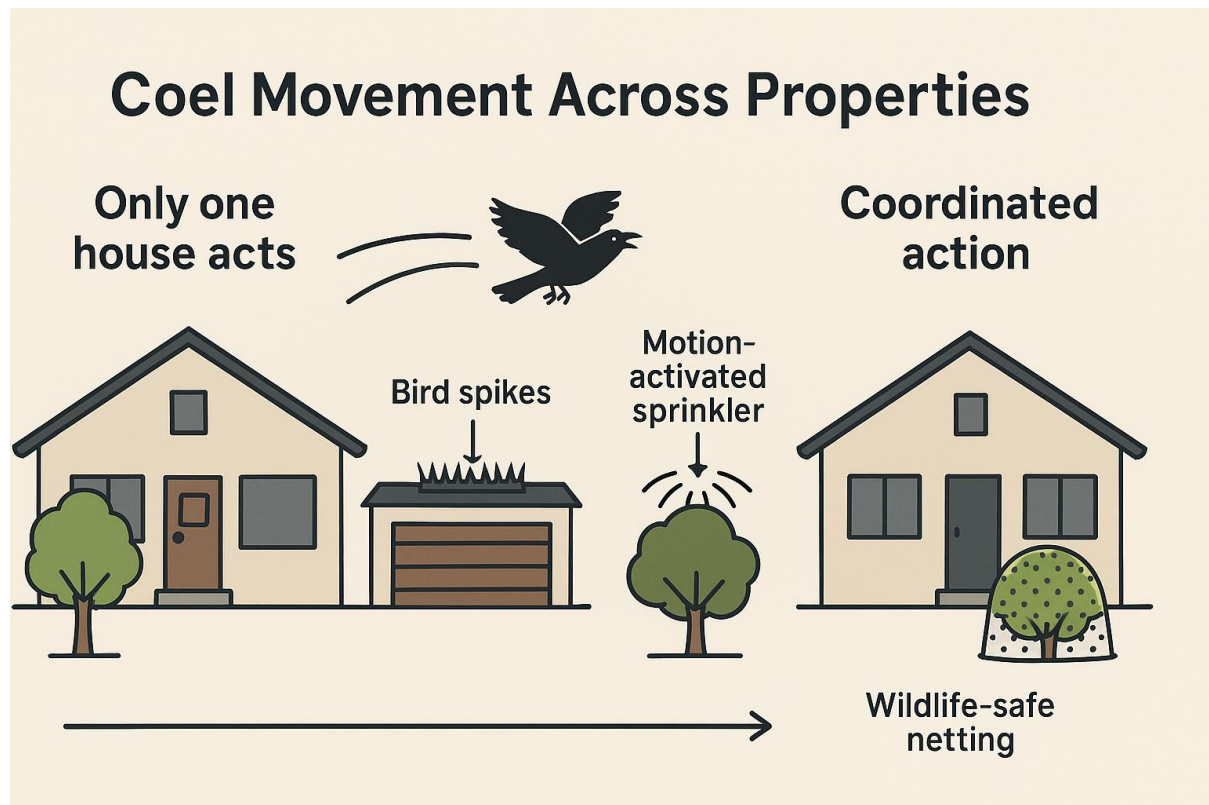
Appendix B: Tree Identification on Property

Tree	Likely Species	Koel Attractiveness	Action
Front right tree	Lilly Pilly	★★★★	Bag/net fruit
Backyard tree	Fig	★★★★★	Fully net
Left-side plants	Yucca/Dracaena	★	No action

Appendix C: Legal Notes (Queensland)

- Koels are **protected wildlife** under the *Nature Conservation Act 1992*.
 - **Illegal to:** trap, harm, or remove the bird.
 - **Legal to:** use habitat modification (netting, pruning), non-harmful deterrents (sprinklers, spikes).
 - Wildlife-safe netting with <5mm mesh is **required by law**.
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Figure 4: How koels move between properties – why neighbour participation matters



✓ **Final Page – Summary Statement**

We are not attempting to remove wildlife from nature.

We are simply ensuring wildlife does not remove sleep from our lives.

By removing food sources and perching advantages, and applying safe deterrents, the Koel will choose another area to occupy — restoring peace to our home.

Sleep is coming back. Peace is coming back.

Operation Sleep Rescue is now underway.