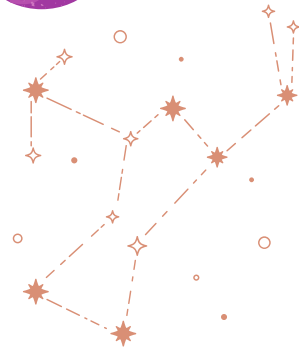
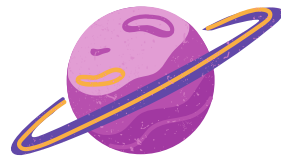


PROTECT THE NIGHT



Light Pollution's Detrimental Effects

What Is Light Pollution?

Light pollution is excessive, unnecessary, artificial light that negatively impacts the environment. It causes problems by obscuring natural light at night, which disrupts the circadian rhythm. This affects human, plant, and animal health, and it creates obstacles for astronomers studying stars.



Why Does It Matter?

- Billions of dollars are lost to poor lighting each year
- Light pollution negatively impacts humans, contributing to issues like sleep disorders, obesity, depression, stress, and fatigue
- Many animals (and even plants) are affected by light pollution including birds, sea turtles, nocturnal animals, insects, important pollinators like bees, and more
- It can disrupt animals' sleep cycle and reproductive cycle, cause disorientation, and create obstacles in finding food or evading predators, all of which disrupts ecosystems
- It intensifies climate change by emitting heat
- Brighter does not inherently mean safer, and bright light can make it more dangerous by creating shadows criminals can hide in

Birds



Light pollution especially harms migrating birds, most of which migrate at night. Light pollution disorients these birds, and they can exhaust themselves, flying off course from their migration route. Light pollution also brings birds into dangerous situations where they can crash into buildings, causing many of them to die. In recent years, a Cornell Lab of Ornithology study ranked St. Louis as the 5th most dangerous city for migrating birds in the spring and 6th most dangerous in the fall.

What You Can Do

- Only use light when necessary (don't leave lights on all night)
- Ensure light is pointed down
- Use warmer-colored lights
- Use motion-sensor lights
- Set lights to timers, so they automatically turn off
- Learn More By Visiting:
 - www.darksky.org
 - www.darkskymissouri.org
 - www.lightsofheartland.org

