

April 2025

## Did you know that excessive nighttime lighting can harm human and environmental health?

*But guess what? YOU Can help by fighting light pollution!*

What is light pollution?

According to National Geographic, light pollution is “the excessive or inappropriate use of outdoor artificial light.”<sup>1</sup>

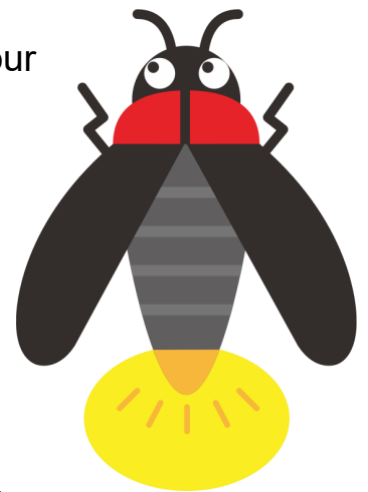
Why should we care?

The dark sky is a natural resource. Polluting it affects:

- **human health** (disrupts sleep)
- **wildlife behavior** (disrupts insects who pollinate and perform other ecological functions at night; disrupts nocturnal animals’ habits; alters bird migration patterns)
- **our ability to stargaze and observe other things in the night sky**

How can you help?

- Close window treatments at night to keep light inside your house.
- Point exterior lights downward (not up into the sky).
- Use exterior lighting only where it is needed for safety, etc.
- Eliminate lighting use for aesthetics only (such as lights that illuminate facades).
- Use motion-detecting lights where possible.
- Use timers on lights so they go on only when needed.
- Turn off exterior lighting if you don’t need it.
- Use LED bulbs instead of incandescent bulbs. Dimmable, narrow-spectrum amber or yellow LEDs are best. (Avoid blue LEDs.) The correlated color temperature (CCT) should be less than 2200K.



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<sup>1</sup> National Geographic, “Light Pollution,” Accessed April 23, 2025, <https://education.nationalgeographic.org/resource/light-pollution/>.

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## Learn More/Resources Consulted

Dark Sky, Accessed April 23, 2025, <https://darksky.org/>, which includes resources on dark sky-friendly lighting.

Dark Sky, “Brighter Does Not Mean Safer,” Accessed April 23, 2025, <https://darksky.org/resources/what-is-light-pollution/effects/safety/>.

Kaitlin Haase, “To Protect Pollinators, We Need to Fight Light Pollution,” Xerces Society, June 6 2024, <https://www.xerces.org/blog/to-protect-pollinators-we-need-to-fight-light-pollution>.

National Geographic, “Light Pollution,” Accessed April 23, 2025, <https://education.nationalgeographic.org/resource/light-pollution/>.

Natural Lands, “How You Can Combat Light Pollution And Protect Our Nighttime Ecosystem,” January 16, 2023, <https://www.natlands.org/news/how-you-can-combat-light-pollution/>.

Smithsonian National Museum of Natural History, *Lights Out: Recovering Our Night Sky*, <https://naturalhistory.si.edu/exhibits/lights-out>.

[Douglas W. Tallamy, \*How Can I Help: Saving Nature with Your Yard\* \(2025\)](#)

