

April 2026

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.”¹

Why should we care?

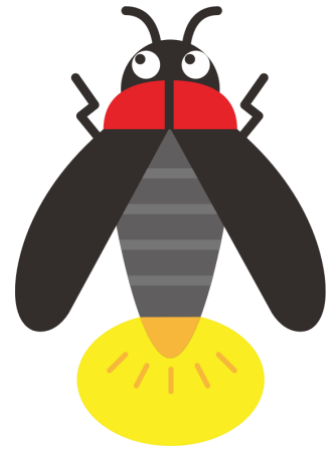
The dark sky is a natural resource. Polluting it affects:

- **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**

Light pollution also results in energy waste, which is costly and bad for the environment.

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.



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

April 2026

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/>.

Steve Mariconda, “Turn Out The Lights & Other Solutions to Light Pollution,” Native Plant Society of New Jersey, March 19, 2026, https://www.youtube.com/watch?v=9iPtQhd_2cl.

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* \(2025\)](#)

