



DID YOU KNOW?

ARTIFICIAL LIGHT AT NIGHT CAN HARM YOUR HEALTH!

Humans evolved with the rhythms of the natural light-dark cycle of day and night. Due to artificial light, most of us no longer experience truly dark nights.

“Many species (including humans) need darkness to survive and thrive.”

— American Medical Association

Circadian Rhythm and Melatonin



Like most life on Earth, humans adhere to a circadian rhythm — our biological clock. It’s a sleep-wake pattern governed by the day-night cycle.

Our biological clocks are important. They interact with our body systems, changing our hormone levels and even modifying our genetic code. Natural light helps set our clocks to Earth's 24-hour day-night cycle.

Exposure to artificial light at night disrupts this process, increasing our risks for cancers and other potentially deadly diseases.

Blue-rich light at night is particularly harmful. Most LEDs used for outdoor lighting, computer screens, TVs, and other electronic displays emit abundant blue light.

Glare Impairs Your Vision

Glare from poorly shielded outdoor lighting degrades your vision by decreasing contrast. This limits your ability to see. Aging eyes are especially affected.

“Glare from nighttime lighting can create hazards ranging from discomfort to frank visual disability.”

— American Medical Association



INTERNATIONAL DARK-SKY ASSOCIATION
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