



# DID YOU KNOW? YOU CAN HELP SAVE OUR STARS!

**Light pollution hinders astronomy**, harms the planet, wastes money, and threatens the health and safety of *all life*.

Light pollution is excessive or inappropriate outdoor lighting. Common forms include:

- **Glare** – excessive brightness causing visual discomfort
- **Urban sky glow** –brightening of the night sky
- **Light trespass** – light falling where it's not intended or needed

Solutions to light pollution are simple and save money!



## What You Can Do

- Use fully shielded, dark-sky friendly fixtures. That means lights shine **down**, not up.
- **Only** use lights when needed. Install timers and dimmer switches, and turn **off** lights when not in use.
- Use the right amount of light. Too much light is wasteful and impairs vision.
- Use long-wavelength lights with a red or yellow tint to minimize negative health effects.

## Lighting for Good Health

- **Keep the blues away** - Two to three hours before bed, avoid tablets, smartphones, computers, televisions, and other electronic screens. They emit blue-rich light, making it difficult to fall asleep.
- **Keep your bedroom dark** - Use blackout curtains and cover or remove other light sources. If you need a night-light, use one that emits dim red or amber light.



*Before and during the 2003 Northeast blackout. Photos by Todd Carlson.*

## Help Make Change!

- Get informed. Visit us at [darksky.org](http://darksky.org) to learn more.
- Join IDA and make a difference.
- Spread the word. Talk to friends, neighbors and government officials about light pollution.

Top photo by Jim Richardson



**INTERNATIONAL DARK-SKY ASSOCIATION**  
Learn more at [darksky.org/solutions](http://darksky.org/solutions)