

# What Can You Do About Light Pollution?

## What is it?



Example of Light Pollution

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Photo Credit: Dan Duriscoe

## Definition:

Light pollution is the introduction of artificial light, either directly or indirectly, into the natural environment. You can help reduce light pollution by using Dark Sky Friendly lighting.

## Impacts of Light Pollution:

- Ecosystem destabilize
- Disrupts natural wildlife cycles
- Obscures our view of the cosmos
- Wastes electricity
- Increases human vulnerability to diabetes, obesity, and prostate and breast cancer.

## What Can You Do?

### In Your Home:

The best way to reduce light pollution in your home is to use lights that follow the 6 principles of good lighting. When buying lighting products, look for the International Dark-Sky Association's seal of approval to know if the light is dark sky friendly.



### In Your Community:

You can educate others in your community about the dangers of light pollution and how it can be prevented in the community. To create a collective effort, talk to your community leaders about introducing light ordinances, codes or policies into your community

For more information visit: [cpdarkskies.org](http://cpdarkskies.org)

[darksky.org](http://darksky.org)

## Protecting the night sky starts with YOU!

1 Light only what you need



2 Use energy efficient bulbs and only as bright as you need



3 Shield lights and direct them down



4 Only use light when you need it



5 Choose warm white light bulbs



6 Join IDA!  
We need your help to continue the fight against light pollution.



Photo Credit: International Dark-Sky Association (IDA)