

**Light Pollution** is one of the **fastest growing & most pervasive** forms of environmental pollution, according to many environmentalists, naturalists, and medical researchers.

**Scientific research** suggests that light pollution can have **lasting adverse effects** on both human and wildlife health.

**Why is Light Pollution so bad? It disrupts biological rhythms!**

- Plants and animals, including humans, have 24-hour (circadian) biological rhythms under the control of the daily light-dark cycle.
- Light pollution **hurts diurnal & nocturnal species** by disrupting:
  - **Physiological rhythms**, including hormone levels
  - **Behaviour patterns** (feeding, predator avoidance, courtship, migration)
  - **Reproduction**, leading to population declines & secondary effects on other species (due to the interdependence of plants & animals)
  - **Ecosystems**

*Ecological Consequences of Artificial Night Lighting*. Rich, Longcore (eds.) (2006)  
*Environmental Health Perspectives* v117 (2009)

**for more information:** [www.darksky.org](http://www.darksky.org) // [www.rasc.ca](http://www.rasc.ca)