

## Pernicious Effects of Light Pollution

- Prolonged exposure to artificial light prevents many **trees** and other **plants** from adjusting to seasonal variations.
- This, in turn, has implications for the wildlife that depends on trees as natural habitat.
- Research on insects, turtles, birds, fish, reptiles, and other wildlife species shows that **light pollution alters behaviours, foraging areas, migration timing and routes, and breeding cycles.**
- **Melatonin** is a hormone produced by the pineal gland and secreted at night which is known to help regulate the body's biologic clock.
- Melatonin levels drop precipitously in the presence of excessive artificial light.
- Melatonin triggers a host of biologic activities, possibly including the nocturnal reduction in the body's production of estrogen.

*Environmental Health Perspectives* 116:A160–A167 (2008)

Navara & Nelson (2007) The dark side of light at night. *J Pineal Res* 43:215-224

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