

- Light Pollution & Human Health** • The 24-hour day/night cycle (circadian clock) affects physiologic processes, • brain wave patterns, • hormone production, • cell regulation, and other biologic activities.
- The circadian cycle controls from ten to fifteen percent of our genes.¹
 - **Disruption of the circadian clock** is linked to several medical disorders in humans (e.g., depression, insomnia, cardiovascular disease, cancer).

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- Dramatic increases in the risk of breast and prostate cancers, obesity, and early-onset diabetes have mirrored the dramatic changes in the amount and pattern of artificial light generated during the night and day in modern societies over recent decades.
- Researchers have concluded that excessive artificial light exposure early in life may contribute to an increased risk of depression & other mood disorders in humans (see card: *Pernicious Effects of Light Pollution*).
- **Excessive artificial light from outside at night** may affect production of hormones, prevent healthy sleep, and have other adverse effects.

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

<http://www.citeulike.org/article/1618565>

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