The Benefits of Natural Night Skies

For Us

Health Benefits -Experiencing a natural cycle of light and dark allows us to sleep well

and be alert when we need to be.

Safety and Security -Glare from poorly directed artificial lighting is dangerous

because it interferes with our vision and hides hazards.

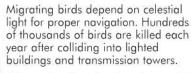
Energy Savings — Using more efficient, lower wattage bulbs in fully shielded fixtures saves money by using less energy.

Stargazing and Wonder — A clear view of the night sky offers us unequalled beauty. Many of our greatest artists, scientists, and engineers set upon their life's path as youngsters pondering the stars, planets, and heavenly depths.



For Our Friends

Nocturnal animals depend on accurate information from natural night skies to guide their behavior. Many of these behaviors are critical to their survival.



Other animals naturally active at night have their behavior disrupted by artificial lighting, leaving them more at risk from predators and unable to effectively forage, find mates, communicate, and migrate.

Sea turtle hatchlings emerge from nests at night. They recognize the sea by its naturally bright, open horizon. Artificial lighting visible from nesting beaches leads hatchlings landward where they do not survive.

Night-flying insects, many of which pollinate important nocturnal flowers, are killed by the millions at poorly directed light fixtures and bright white light sources.

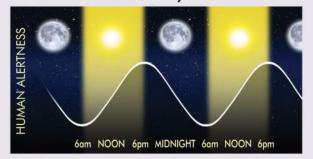
Trees and flowering plants have cycles of leaf drop and blooming interrupted by artificial light.

The Bortle Dark Sky Scale

Astronomers measure light pollution on a scale of celestial observability. At levels 1-3, the complexity of the Milky Way is visible. At level 9 only the moon and the brightest planets can be seen. Levels below 3 are becoming rare in Florida.



Got the Rhythm?



Light is the time keeper of life. Natural cycles of light and dark set the hormonal clock that guides how we feel and what we're prepared to do. This circadian (daily cycle) rhythm is interrupted by artificial lighting. Unnatural periods of light and dark have been linked to sleep disorders and even cancer. Although we need light to see and work, we also need periodic darkness.



Inwater Research Group A 501 c(3) not-for-profit organization

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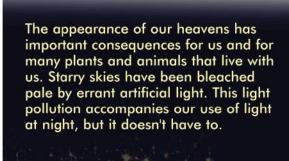
Palm Beach County **Board of County Commissioners**

Department of Environmental Resources Management www.pbcgov.com/erm



Funded in part by the Sea Turtle Grants Program, which receives proceeds from sales of the Florida Sea Turtle License Plate, Learn more at www.helpinaseaturtles.org

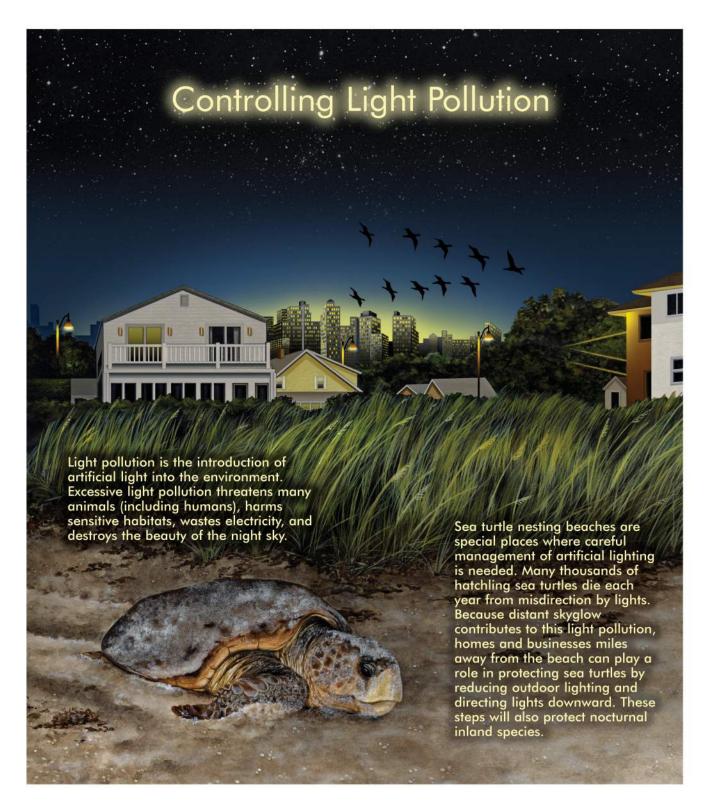






The artificial light you see is wasted. It shines from poorly directed light fixtures that send away from where it is needed.





Bad Light, Good Light

We want light sources to provide useful light. But many sources also give us glare. Glare is distracting light that shines directly toward our eyes instead of on what we'd like to see. Glare is harmful to us and the environment, and turns good lights into bad lights. Glare can be reduced by shields, hoods, baffles, and by use of fixtures that direct light well.



Area Floodlight

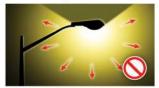
Floodlight with Hood





Wall Pack Light

Canister Downlight





Cobrahead Fixture

Full Cut-off Fixture





Globe Light Cut-off Fixture

Glare reduces useful light for pedestrians and drivers, creates harsh shadows that conceal intruders and hazards, and is especially irritating and dangerous for older people.

You Can Help

- Check your home lights Is glare hiding potential intruders? Do your lights shine down, or out and up where energy is wasted?
- Turn off unnecessary lights And use motion sensor switches for effective deterrence.
- Shield and lower lights, and use dark-sky friendly fixtures — for more information, visit www.darksky.org
- Spread the word Tell businesses when you see that their lights are bad. Bad lights aren't just unpleasant, they're harmful, especially in coastal areas where sea turtles nest.