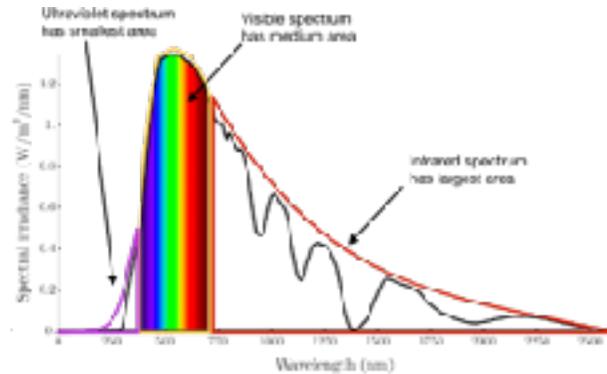


What can you do?...

- ▶ Switch off external lights when you don't need them.
- ▶ Use sensor lights to have light when you need it.
- ▶ Make sure your outdoor lights do not trespass to neighbours or into the sky.
- ▶ Do not illuminate places where nocturnal animals are living.
- ▶ Replace your cool white lights with warm white LEDs - it helps to manage your melatonin level and your sound sleep.
- ▶ Ban all blue lights from all bedrooms.
- ▶ Turn your smartphone, tablet, e-reader and computer screen to "night shift" - the backlight will change to warm light during night time.
- ▶ If you feel annoyed by artificial light from neighbours or street lights - ask the neighbour or your Council to solve the problem. They may not know they are causing a problem!

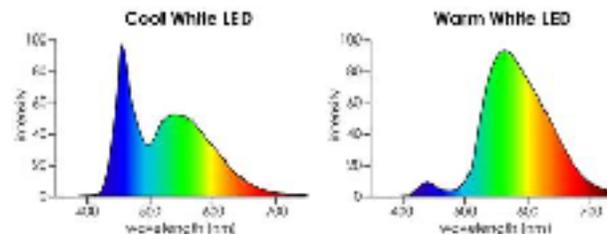
The Difference between...

- ▶ **Sunlight** has a "Colour Temperature" of 5'780 K (5'500°C).



... and Artificial Light

- ▶ Buy "Warm White" LED bulbs for indoor illumination - they have a low output of blue light (3'000K)
- ▶ Use only "Cool White" LEDs in places where a "hard light" is needed (4'000K): workshops, garage, kitchen.



How much Light do we need?...

- ▶ Much less than we think!
- ▶ It takes 20 minutes to adapt our eyes to the darkness - and only a fraction of a second to lose our night vision... from artificial light.
- ▶ More light does not create more safety - glaring lights reduce our ability to see dark objects and make driving unsafe.
- ▶ We need light only when we need it.
- ▶ We need just “enough” light - not more and only where needed.



Ask us - we know a lot about Natural and Artificial Light...

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Is Artificial Light harmful?

- ▶ **NO** - however not every artificial light is “good” for us...
- ▶ Our body has a **Circadian Rhythm**. It is a natural internal process that regulates the sleep–wake cycle and repeats on each rotation of the Earth roughly every 24 hours.
- ▶ Our body produces **Melatonin** naturally. It doesn't make us sleep, but as melatonin levels rise in the evening it puts us into a state of quiet wakefulness that helps promote sleep.
- ▶ **Blue light** suppresses the production of melatonin - daylight has a high amount of blue light - the blue sky.
- ▶ Later in the evening the sunlight turns into a reddish or pink colour. That's when our body starts to produce melatonin.



We turn Night into Day...

- ▶ We extend our days with artificial light.
- ▶ We feel safer in an illuminated place.
- ▶ We often think that sleeping is a waste of time.

But Nature needs Dark Nights...

- ▶ “Charging up” our batteries can only be done with a sound sleep.
- ▶ “Slowing down” is more essential than ever - it's a need to stay healthy.
- ▶ Some animals are nocturnal - they find their prey in dark nights only.
- ▶ Others hide away during the night to stay safe and to rest.
- ▶ Humans are not nocturnal by nature - they need to rest by night.

