

THE EFFECTS OF LIGHT POLLUTION ON HUMAN WELL-BEING

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Humans as part of the ecosystem and nature

What is not often mentioned publicly is how nature positively affects human well-being. It's an issue that has been studied far more thoroughly recently but still hasn't reached a more popular status. What the studies have found out is that nature connectedness has very much positive effects on human well-being on many levels. From the matter of mental health to learning and capability, nature tends to have positive outcomes.

The research shows that experiencing nature by humans be it by means of interacting with it or living within it leads to such results as:

Better concentration, reduced fatigue and irritability

Reduced stress and increased recovery from crisis or from mental fatigue

Reduced blood pressure and heart rate

Greater immunological tolerance

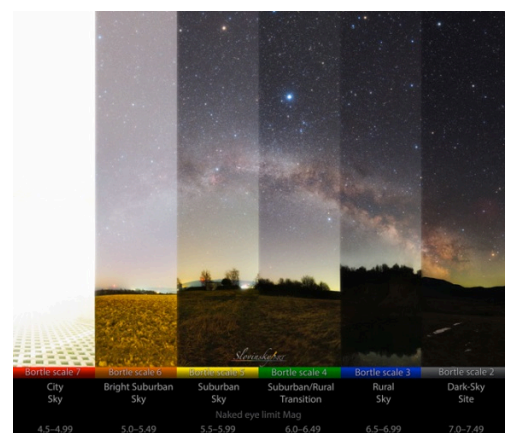


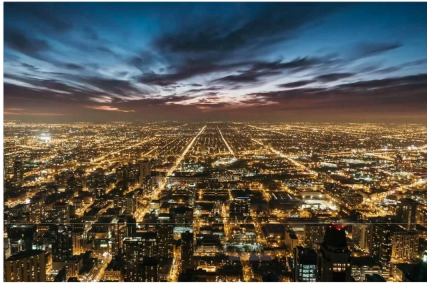
For many years now, people have started putting more value to such subjects as global warming and how it negatively influences nature, as well as how it may cause problems for future generations of mankind. Yet what many tend to overlook is that there are more such man-made problems that lead to distortion of the natural way of things. Some might not be interested in the fact that these lead to issues in biodiversity or the corruption of natural habitats, but what they mostly not look into or forget about is that we humans are also part of nature and that these problems also affect us.

One such problem is the not-so-well known issue of light pollution.

Light Pollution, the very much visible, yet silent killer

Light pollution isn't a term nor occurrence that has





What to do against this global threat?

Unfortunately to be exact, the problem of light pollution is so undermined that it is even problematic to conduct further studies on the subject. So one of the most important things that should be done in order to act against the issue is to raise awareness about it. Especially so, because of the fact that what we know as of yet that can work in favour of decreasing the light pollution is to use covered lights in urban areas, in order to produce as little amount of excess light as possible. To achieve that, what most can do is appeal to their governments or smaller authorities for that change.

Associations to support

Lastly what you can do is support associations that try to fight for the cause of decreasing light pollution. One such noteworthy association is the International Dark-Sky Association who are one of if not the biggest one that tries to make a change about this environmental danger.

<https://www.darksky.org/>

just recently shown up in our lives. It actually started with the invention of first artificial lights and comes down to the excess of light that is produced over cities, power plants, factories and other intense light source producers. This, most commonly not needed, light has some dire effects on both the environment but as well it crucially affects us humans.

For the environment this pollution means distortion of the natural habitat, as the excess of light leads to plants having their growth cycles corrupted which subsequently affects animals living in them. Secondly, the higher than natural light intensity leads to destabilising the light/dark balance for most animals, affecting their breeding and feeding habits.

For humans, the light pollution has also led to destabilising the 24 hour day/night cycle. Even at first glance this means health issues for us. As the nights get shorter for humans, it means less time to rest, as a result more and more humans feel constant fatigue on a daily basis which results in them being easily irritable, more stressed and as a result can lead to physical issues such as heart or blood pressure problems. Yet the issues do not stop there, as there is danger lurking that is quite lesser known that results from the lack of a day/night cycle. Circadian clock, is the professional name for the 24 hour day/night cycle and it affects physiological processes found in nearly all organisms. Most importantly these processes include brain wave patterns, hormone production and cell regulation. Disrupting the circadian clock leads to diseases such as depression or insomnia, yet more importantly it can, as seen in studies, lead to cancer.

