

Alarming, a Harvard study showed that artificial lighting may actually be linked to increased breast cancer rates

probably as a result of decreased levels of the hormone melatonin, which influences circadian rhythms

BREAST CANCER

According to "The First World Atlas of the Artificial Night Sky Brightness," a report on global light pollution published two-thirds of the U.S. population and more than one-half of the European population have already lost the ability to see the Milky Way with the naked eye.

USA AND EUROPE

Moreover, 63% of the world population and 99% of the population of the European Union and the United States live in areas where the night sky is brighter than the threshold for light-polluted status set by the International Astronomical Union

The American Medical Association warns that nighttime lighting "is associated with reduced sleep times, decreased sleep quality, impaired daytime functioning and obesity."

CIRCADIAN RYTHM DISRUPTURE

Our bodies produce the hormone melatonin in response to circadian rhythm. It induces sleep, boosts the immune system, lowers cholesterol, and helps the functioning of the thyroid, pancreas, ovaries, testes and adrenal glands. Nighttime exposure to artificial light suppresses melatonin production

LIGHT POLLUTION AND HUMAN HEALTH

- **Glare** – excessive brightness that causes visual discomfort
- **Skyglow** – brightening of the night sky over inhabited areas
- **Light trespass** – light falling where it is not intended or needed
- **Clutter** – bright, confusing and excessive groupings of light sources

LIGHT POLLUTION

caused by inefficient or unnecessary use of artificial light.

Light pollution is a side effect of industrial civilization. Its sources include advertising, commercial properties, offices, factories, streetlights, and illuminated sporting venues.