

UNDERSTANDING THE EFFECTS OF LIGHT POLLUTION

on our health, climate, ecosystem & wildlife

For three billion years, life on Earth existed in a rhythm of light and dark that was created solely by the illumination of the Sun, Moon and Stars.

Artificial lights have caused us to disrupt the natural day-night pattern and to shift the delicate balance of our environment.

A growing body of scientific and medical evidence is linking measurable negative impacts of artificial light at night on human and ecological environments.

1. Affecting crime & safety

Lighting is intended to enhance safety and security at night, but ironically excessive bright white lighting can have the opposite effect. 1) does not prevent crime, 2) spoils night vision to see into shadows & 3) temporarily blinds us with glare. Moderate warm lighting avoids this and maintains night vision.

2. Harming our health

Long term exposure to blue-white light at night disrupts our body clock and hormonal cycle. This affects sleep, mood and brain function causing negative flow-on effects to our health.

3. Increased energy consumption

Lighting that shines into the sky and where it is not needed, and is excessively bright, is wasting energy and therefore your money. Also reducing energy use reduces carbon emissions.

4. Disrupting the ecosystem and wildlife

Plants and animals depend on day/night length to: regulate growth and reproduction, control predator/prey interactions, and maintain ecological balances. Artificial light at night disrupts all of this.



Unique to Kaikōura

The last two remaining wild breeding colonies on Earth of the Hutton's shearwater are found in the Kaikōura Ranges.

This highly endangered species is drawn to the town lights at night where they crash land and often die.

Protection of this species by controlling artificial light at night helped to inspire the formation of the Kaikōura Dark Sky Sanctuary.



Hutton's shearwater Kaikōura tītī

Fortunately, simple lighting changes have a positive impact to reduce the effects.

