

LIGHT POLLUTION

1 What is light pollution?

Light pollution is unwanted, inappropriate, or excessive artificial light that can affect wildlife behaviour, human health, and environmental quality and is a form of waste energy.

2 How does artificial lighting at night impact aquatic ecosystems?

Light pollution can affect migration and predation rates of some fish species. Artificial lights can interfere with the behaviours of aquatic organisms and disrupt natural cycles.

3 What are some critical features of dark-sky-friendly outdoor lighting?

Use warmer light temperatures below 3000K, full cut-off shielded fixtures directing light downwards, adequate illumination without excessive brightness, motion sensors, and timers.

4 How does light pollution affect the behavior of migratory birds?

Many birds use the moon and stars for navigation at night and may get disoriented and fly off course when drawn towards artificial lighting, leading to collisions and exhaustion.

5 What steps can you take to help reduce light pollution?

Understanding and raising awareness for light pollution and its effects is a great first step! We can then embrace and encourage responsible outdoor lighting practices.

6 Which colour temperature is preferred for shoreline lighting?

- a) Blue lights
- b) Warm lights**
- c) Higher Kelvin colour temperatures

7 Which of the following is not a type of recommended shielded light?

- a) Opaque reflector
- b) Flood light with hood
- c) Flood light**

8 Which of the following strategies could be used to reduce light pollution?

- a) Timers
- b) Motion Sensors
- c) Dimmers
- d) All of the above**

12 Bright lights are only generated by big cities and are not a rural issue. True or **False**?

13 Particles in the air scatter the glow from below resulting in a brighter night sky, making it harder to see stars. **True** or False?

9 How does shoreline light pollution impact toads and frogs?

- a) Interferes with reproduction**
- b) Increases nighttime croaking
- c) Enhances growth

10 How can we minimize light trespass?

- a) Use high wattage bulbs
- b) Aim lights upward
- c) Use glare light fixtures
- d) Use auto shut-off lighting**

11 How does light pollution affect human health?

- a) Improves sleep patterns
- b) Reduces stress levels
- c) Disrupts circadian rhythms**
- d) Enhances vision

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Funded by:



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