Light at Night

Light at Night is a Growing Concern

Light at night may contribute to...
• Sleep disturbances or disorders
• Health issues: Fatigue, hormone problems, coronary diseases, endocrine and immune system problems, reproduction difficulties and cancers
• Human errors and accidents

Light at night affects...
• Young children and adolescents
• Older adults
• Shift workers
• People who stay in hospitals, care facilities, correctional facilities, and other places that are open 24 hours

Light at night recommendations for home interiors and other buildings where people sleep:
• Close window coverings
• Use lower light levels at night than in day time (less than 51 lux)
• Choose bulbs with warm color temperature
• Turn off televisions, computers, tablets, cellphones, and other devices with illuminated “blue” screens

You can make appropriate night lighting choices to aid sleep and promote health and safety!
What the package can tell you...

*What light is appropriate at night?*

- Look for fluorescent or compact fluorescent bulbs (CFL) with warm "color temperature" - approximately 2700 Kelvin
- For precise light measurement, purchase a light meter
  - A light meter measures lux
  - It is best to have 51 lux or less on the face of a sleeping person
- Always purchase lighting products from a reputable manufacturer

**Remember:** It is not possible or advised to eliminate all light at night. Some electric light should be available for safe nighttime movement (such as trips from bedroom to bathroom). Low light levels using incandescent or 2700 Kelvin fluorescent lights are recommended as "night lights". Light from electronic screens can impact sleep. Be sure to turn off televisions and electronic devices with screens in bedrooms. Scientists are currently studying this modern problem.