

## When can light at night be a problem?

### 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

WANT MORE INFORMATION?  
PLEASE CONTACT YOUR LOCAL EXTENSION OFFICE:



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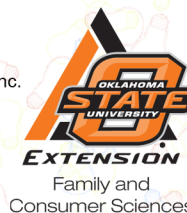
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# Light at Night

LIGHT AT NIGHT  
IS A GROWING  
CONCERN



*you*  
can make appropriate  
night lighting choices  
to aid sleep and promote  
health and safety!

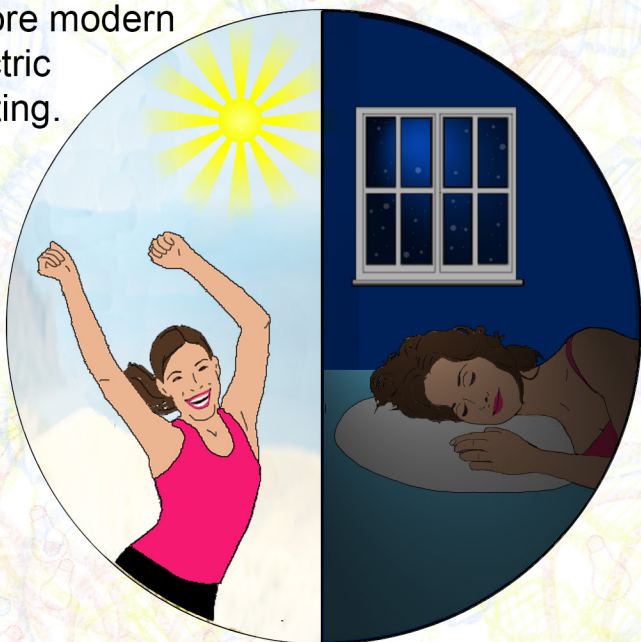


## What the package can tell you...

### *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

These conditions are healthy and existed before modern electric lighting.



## PEOPLE ARE SENSITIVE TO LIGHT CYCLES

that affect sleep/wake cycles (circadian rhythms)

These modern conditions may cause problems.



**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.