



**Lights  
Block  
Sights**



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Sights



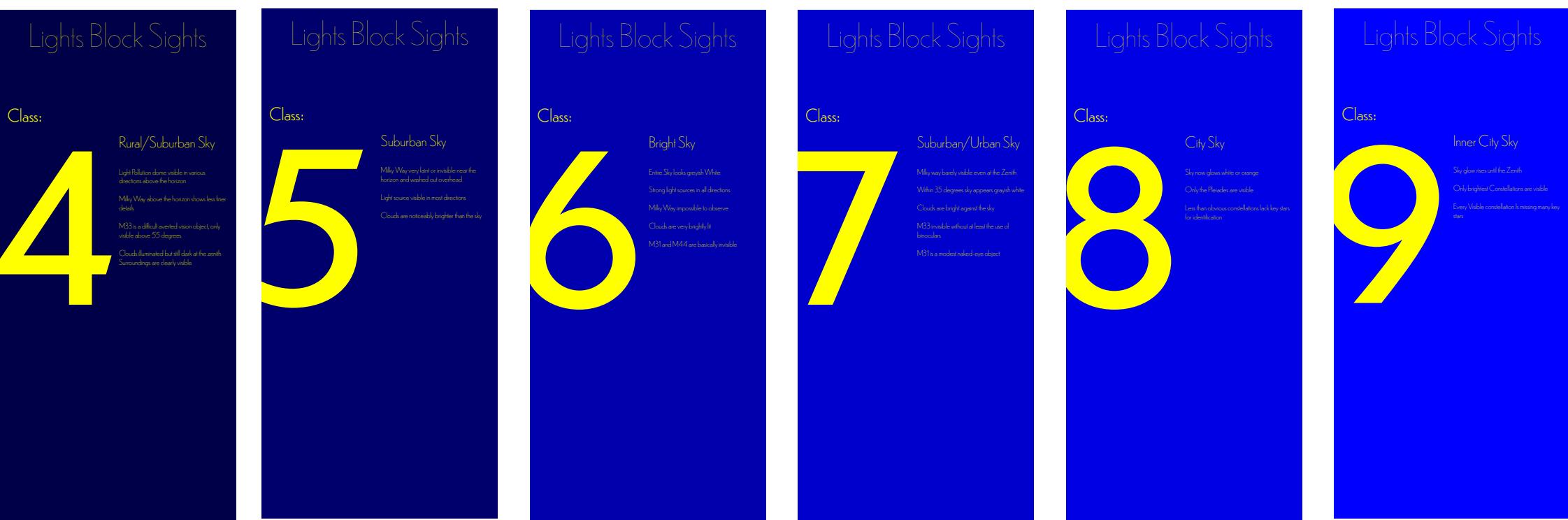
What Are  
You Missing?

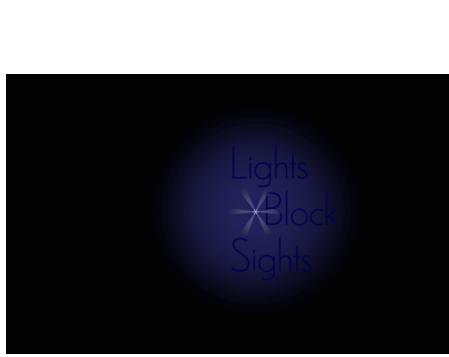
# Choose Warm Light Bulbs

Choose  
Warm  
Light  
Bulbs

\$3bn A Year  
70% Inefficiency  
21 Tonnes of CO2 a year  
doubling in the next 30 years  
33% of the world are Grade 8 & 9  
99% affected

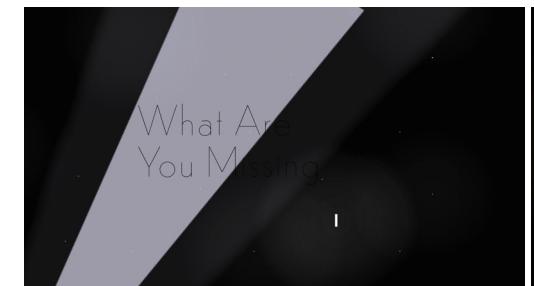






## Warmer Lights

Lights  
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What Are  
You Missing.

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What Are  
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# What is Light Pollution?

Causes & Borile Scale

More Urban-More Polluted

Over-lighting

Sky Glow

## How Does it Impact Me?

Environmental

Health effects

Statistics

It has been shown that in normal retinas, melatonin exerted protection against free radical damage. Moreover MT1-type melatonin receptors were found in photoreceptor cells and MT1 knock-out mice demonstrated a loss of photoreceptors at 12 and 18 months of age, suggesting that lack of melatonin may be involved in retinal degeneration

Overused artificial lighting disrupts the bodies natural hormone production, preventing the repair of many vital components, including the retinas, responsible for sight.

## What Can be Done About it?

5 Steps

What you can do, what they can do

Ensuring avocation in the community, push to the policy makers/decision makers



1 2 3 4 5 6 7 8 9

1.	2.	3.	4.	5.
Don't use lights brighter than you need to	Don't use lights when they aren't needed	Shield lights and direct them down	Choose warm white light bulbs	Advocate in your community