



Protect the night state-wide

What is light pollution and what can we do to stop it?



DarkSky Massachusetts

Our mission is to protect the nighttime environment by advocating for responsible outdoor lighting practices.

Email info@darkskymass.org if you have any questions about light pollution in Massachusetts or want to learn more.



For more information about our committees and how to get involved, visit www.darksckymass.org

What is at stake?

+ Human Health: Artificial light at night increases risks for obesity, sleep disorders, depression, diabetes, breast cancer, and more.

Wildlife: Nocturnal pollinators and migratory birds depend on Earth's daily light and dark cycle for survival.

Wasted Energy: Wasted energy increases greenhouse gas emissions contributing to climate change and wastes billions of dollars each year.

Shared Heritage: Our ancestors experienced a night sky that inspired science, religion, philosophy, art, and literature. Now, millions of children across the globe will never see the Milky Way.

And much more.

Learn more about light pollution:

www.darksckymass.org

Light pollution is reversible!

Unlike other types of pollution that are very difficult to remove from the environment, light pollution can be solved at the speed of light.

SUCCESS STORY!

As of 2026, there are 67 municipalities across Massachusetts with outdoor lighting regulations.



What can you do?

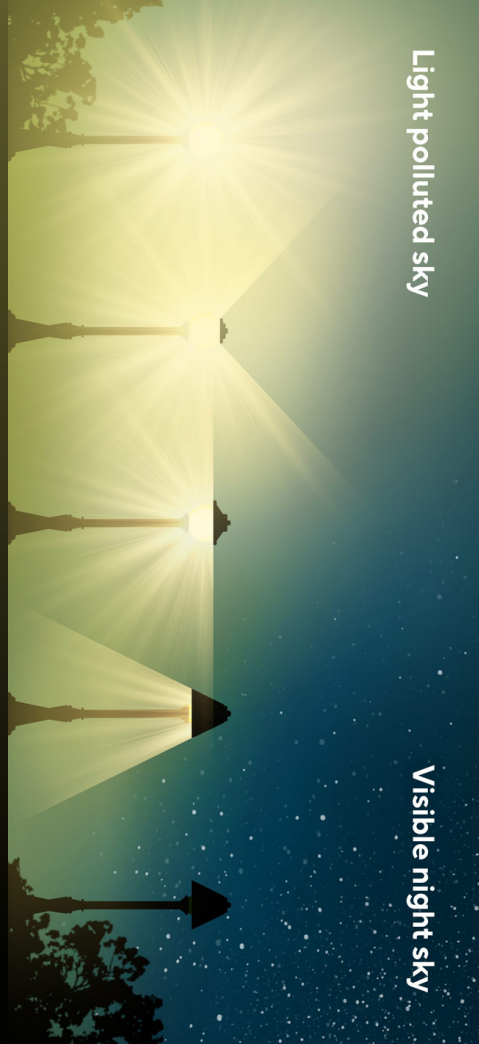
• Reduce intake of **artificial light at night** (ALAN), especially before going to sleep. This improves overall quality of sleep and lowers health risks associated with

• Adhere to the **5 principles of responsible outdoor lighting** to make your home dark sky-friendly.

• Get your **community** involved; your town may have an outdoor lighting ordinance, which you can find at darksckymass.org/best-practices

If your town isn't listed, share this information with your neighbors and inspire your community to create outdoor lighting regulations.

Visible night sky



Light polluted sky

Responsible outdoor lighting is...

Useful

Use light only if needed

Targeted

Direct light so it falls only where needed

Low Level

Light shouldn't be brighter than necessary

Controlled

Use light only when needed

Warm Colored

Use warmer toned lights