



DarkSky
MASSACHUSETTS

Safeguard human health and wellness



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Artificial light steals the night

While artificial light at night is crucial to our modern world, it comes at a cost. Increasing scientific research indicates that artificial light at night has detrimental effects on human health and well-being.



Circadian disruption caused by light at night has been linked to an increased risk of obesity, diabetes, mood disorders, reproductive problems, and cancers.



Exposure to excessive light at night can suppress the body's production of melatonin, a hormone that regulates our sleep-wake cycle, metabolism, and immune system.



Overly bright and poorly shielded light creates blinding glare, impairing vision, leading to dangerous missteps and accidents.

Restore darkness for our health



Protect the nighttime environment around your home and community by following the Five Principles for Responsible Outdoor Lighting.

