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Map of United States and Northern Mexico showing extent of light pollution at night as seen from outer space.

Besides being annoying, did you know that the bright light your neighbor has on all night is bad for the birds?

Most (80%) of migratory birds do so at night. These birds are specially adapted to navigate and migrate in dark conditions, so much so that the artificial lights that we leave on at night have been found to alter their migratory behavior, sometimes with dire consequences. In some circumstances, birds become so disoriented by these lights that entire flocks of migrants may crash into windows, or other structures, and perish. So, if you want to protect our feathered friends during their nocturnal journeys, here are a few simple things that you can do-

1. **Turn off all unnecessary lights.** Light pollution is a truly reversible form of pollution, all we have to do is flip the switch!
2. For necessary lights, make sure they are **installed properly and operated thoughtfully**. You can do this by placing lights on timers or motion sensors, ensuring that all lights are pointed directly towards the ground and not into the sky, and choosing bulbs that are “warmer” in color (listed as Correlated Color Temperature(CCT) < 3500 on the box).
3. Make **extra efforts** to limit the light you are using **during periods of peak migration**. Here is an amazing website that published “Lights Out Alerts” for when you should make extra efforts to reduce all lighting- <https://aeroecolab.com/uslights>

4. **Talk with your neighbors** and your community about the hazards of too much or poorly implemented lights at night, not only for the birds, but for human health as well. Here is a great resource with helpful education materials-<https://www.darksky.org/our-work/grassroots-advocacy/resources/public-outreach-materials/>