

MISS FIREFLIES?

Return Magical Fireflies to Summer Nights.

Fireflies flash to signal mates, claim territory, and communicate. Light pollution is harmful to fireflies as well as humans, birds, and other wildlife.

Solutions are EASY. Use light IF, WHEN, and WHERE you need it, and keep it **orange-red** and minimized. Brighter isn't safer.

- Turn off lighting when not needed. Avoid decorative or accent lighting.
- Use motion sensors or timers.
- Shade or aim light to where you want it.
- Use lights on the orange-red range, and not white-blue.
- Use drapes and shutters to avoid attracting wildlife to windows.
- Use dimmers when possible.
- Use personal, mobile lights, such as phones or flashlights, (preferably with red light).



WHAT'S WRONG

with Outdoor Lighting?

Safety: Over-illumination can make way-finding and nighttime tasks less safe. Your eyes take too long to adjust when there's too much contrast between brightly lit and darker areas.

Human Health: Research suggests that artificial light at night can negatively affect human health, increasing risks for obesity, depression, sleep disorders, diabetes, breast cancer and more.

Animal Behavior: Many animals rely on natural cycles of daylight and darkness to trigger and regulate behaviors such as hunting, hiding from predators, mating, nesting, navigating, and communicating.

Plant Health: Plants too depend on natural cycles of daylight and darkness to regulate processes such as flowering, leaf drop, and growth form.

Reducing outdoor lighting is one of the six items in the Pollinator Pledge. Improve habitat for birds and pollinators when you **Take the Pollinator Pledge at:** naturalhabitatevanston.org/takethepledge.

