Healthy lighting matters

*Light is **personal***

Different people have different lighting needs.
Pay attention to how light and lighting affect you.

*Light is **medical***

If light is affecting your health, please tell your doctor, optician, neurologist, dermatologist or other medical specialist.

*Light is **scientific***

More research is urgently needed into the effects of artificial lighting on humans and the natural world.

*Light is **political***

Tell your political representatives at all levels: MEP, MP, local councillors. Help LightAware lobby for safe street lighting, and for healthy indoor lighting for homes, businesses and services.

*Light is **legal***

Support LightAware in campaigning for a change in the law so that safe lighting is available for all. If your employer refuses to make reasonable adjustments to lighting at work, please consider legal challenges including employment tribunals.

*Light is **environmental***

We share a common lighting environment with other people and with the natural world. Campaign for lower light levels and less lighting at night.

Be LightAware

LightAware want to enable access to civic life by encouraging businesses and service providers to become 'LightAware'.

You can help photosensitive people by taking the following steps:

Know what type of lighting is installed in your venue

Be willing to listen to someone's lighting needs

Work together to develop a plan of access

Please tell LightAware how lighting affects you.
You can write to us at:
info@lightaware.org

Visit our website for more information and donate:
www.lightaware.org

LightAware is a registered charity, SC046160

Follow us on social media

ARE YOU

LightAware

www.lightaware.org

Did you know?

We are all sensitive to light

The natural world has evolved to a fundamental rhythm of light days and dark nights. This cycle affects all of life on earth, plants and animals, and humans are no exception.

The quantity and quality of light we are exposed to controls and regulates our bodies in numerous ways, not just telling us when to sleep and when to wake but also influencing our hormones, immune systems and cell regeneration.

Light is powerful. It can harm and hurt and it can heal and nourish. This is why the right light is fundamental to our health and wellbeing. However light is also a mystery: scientists still do not fully understand how light is processed by the skin, eyes, brain and nervous system.

Have you noticed?

The quality of artificial lighting has changed

While we have evolved to respond to sunlight, people in the West typically spend 90 per cent of their time indoors. This means that the quality of artificial light we are exposed to is really important.

Lighting has changed dramatically in recent years. As well as a big increase in the quantity of artificial light, new technology has altered the quality. Traditional incandescent lighting has been subject to a legal ban in many parts of the world, and has been replaced with newer forms of lighting, like LED and new forms of fluorescent lighting.

These technologies have changed our built environment: street lights are bluer, car headlights more dazzling; and everyday lighting is colder. And we are being exposed to ever more light. There is much more lighting at night and even in the day, living and working spaces are increasingly lit up, regardless of the level of natural daylight.

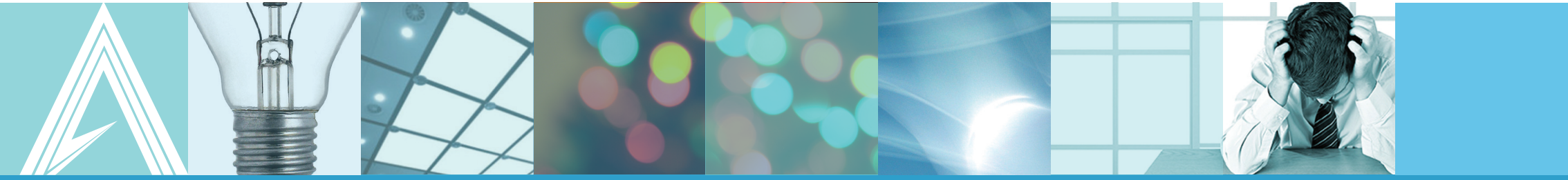
Did you know?

Lighting is affecting people's health

LED lighting in particular has qualities which make it different from any previous lighting technology. For example, the light can be bluer, and more intense and glaring. LEDs can also have a harsh flicker whether visible or not.

Many people already experience physical pain and ill health when exposed to LED and fluorescent lighting. Inappropriate light affects a large number of medical conditions, including migraine, autism, lupus, epilepsy, diabetes and cancer. People with no previous health conditions also experience adverse health effects. Symptoms can include eye pain, headaches and migraines, skin rashes, burning, dizziness and nausea.

The spread of new lighting has resulted in the social exclusion of photosensitive people, who find themselves unable to access many places, such as offices, hospitals, schools, supermarkets, cinemas, theatres, trains and buses. The problem is exacerbated by a lack of awareness and information.



The change in lighting has long-term health implications for humans and the natural world

Despite their widespread use, the long term effects of LED are unknown. However, recent reports have raised the alarm about the risk blue-rich LEDs pose to eye health, particularly in older people and children.

" … Children are born with a clear lens, letting through all blue light " **ANSES Report 2019**

The French Government's ANSES report on LED lighting confirms that the toxicity of blue light on the retina can lead to a decline in sight and increased risk of age-related macular degeneration. ANSES also warns of risks to the young, stressing that screens including computers, smartphones and tablets are sources of blue light. As children and adolescents' eyes do not fully filter blue light, they are particularly sensitive to blue light toxicity.

The increased exposure to blue light impacts on our body clock, or circadian rhythms, which can have long-term effects on health.

" In humans, circadian rhythm disruption induced by exposure to blue-rich light during the evening or at night is considered as proven " **ANSES Report 2019**

The increase in LED is causing an increase in light pollution. Studies show that the world got 2% brighter every year from 2012 - 2016. The increase in light at night is contributing to the environmental crisis, affecting animals, birds and insects, who use the natural cycles of light and dark to feed and breed and navigate.