

WHAT IS THE DARK SKIES MOVEMENT?



The Dark Skies movement works to **restore** the nighttime environment and **protects** communities and wildlife from the harmful effects of light pollution

Over the past **12 years**, sky brightness in the US has **increased 9.6%** annually due to **light pollution**



WHY DOES IT MATTER?



Light Pollution and Artificial Light **disrupts ecosystems**



Birds use the stars to navigate during migration



Predators hunt in the light and prey hides in the dark



Insects are fatally attracted to artificial light impacting the entire ecosystem

Stars shine brighter here in Truckee.
Let's keep the natural beauty



Brighter residential nighttime lighting is associated with **reduced sleep times**, dissatisfaction with sleep quality and impaired daytime functioning and obesity

Exposure to artificial light at night can **harm humans' health**

Excessive Lighting is **Wasteful**

30%

outdoor lighting in the U.S. wasted by lights that aren't shielded

\$3.3B

Cost of lighting in the U.S. wasted by lights that aren't shielded

21M

tons of carbon dioxide per year

875M

Number of trees planted annually to offset all that carbon dioxide

WHAT CAN YOU DO?



Turn off exterior lights by 10pm, including Holiday lighting



Turn off interior lights when you're not using them



Select dark sky friendly exterior lighting (points down not up or multidirectional)



Use motion sensor lights if safety is a concern



Spread the word: Politely Remind your neighbors to follow these guidelines

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