

Guidance

Use the following guidance when thinking about adapting existing lighting or fitting new units.



Is the light needed?

Before installing or replacing a light, consider the purpose of the light and what its impact will be on the surrounding area, including wildlife and neighbours. Reflective paints or luminous markers can be used as alternatives for marking curbs, steps and paths.



Light only where needed

Consider pointing your floodlights downwards or change to specially designed downlights to reduce wasted stray or upward light that can cause nuisance to others. If coach style lights must be used, see our advice on light levels and colour temperature.



Light only when needed

It is rare that lighting needs to be permanently on. Use timers or motion detectors to ensure light is dimmed when possible and off when not needed. Well-positioned lights using sensors are better for detecting intruders than poorly positioned lights that are constantly on, which permanently show what's on offer from a distance and create shadows where criminals can lurk.



Light at a level suitable to the need

Light should be no brighter than necessary for the task. Typical outside doorway lights should be rated on the box as a maximum of 500 lumens. Where higher light levels are needed for an operational or safety purpose, two smaller lights pointing downwards are better than one big upward angled light, which simply causes glare and nuisance.



Choose the correct colour

Short wavelength (cool blue) light produces more sky glow and is most harmful to wildlife and human health. Select lights or bulbs that are a maximum of 3000k and preferably 2700k (this is stated on the box or in the product description when looking online).

Be a friendly neighbour and think about how you position your outside lights.

Produced by the Howardian Hills Partnership with support from the North York Moors National Park Authority.



Supported by the
North York Moors
National Park

Dark Skies How you can help to preserve them

Help protect our Dark Skies

By night or day the Howardian Hills is a special place. When the sun sets the landscape takes on a different, but no less important character. Nocturnal wildlife stirs for action and hundreds of stars come into view.

It is estimated that one third of wildlife in the UK is active at night so keeping the environment as dark as possible is vital to conserve habitats. We know many species are negatively impacted by too much light, including bats, moths, owls and aquatic life. And yes even humans!

So help us protect the quality of this rare and valuable resource. It's easy to do!

**Howardian
Hills**

Area of Outstanding Natural Beauty



Why are dark skies important?

Many parts of the UK suffer from serious levels of light pollution and the stars have mostly disappeared. That makes places like the Howardian Hills even more valuable for people and wildlife. When lighting is sensitively installed and correctly used it protects our dark skies which are vital for a host of reasons.

Tranquillity

With no large towns the Howardian Hills is an intrinsically dark landscape. It is part of its distinctive character. Residents and visitors alike value being able to connect with nature at night as well as during the day.

Education

A stargazing experience is often the first opportunity children get to understand the scale of the universe and our place in it. It can inspire young and older minds alike.

Human health

Humans are governed by their circadian rhythm (natural sleep and wakened cycles) which is disrupted by bright lights at night, especially cool white light. This can cause health issues including insomnia and depression and delay recovery from illness.

Nature

The natural cycle of day and night has underpinned evolution for millions of years. Too much artificial lighting in the environment disrupts this timeless rhythm and can have serious impacts on the natural behaviour of bats, hedgehogs and birds to name but a few. Moths are important night-time pollinators for plants, yet we know they are also affected by light pollution and numbers are declining.

Energy

Light pollution by its very definition is wasted light that serves no useful purpose. Not only does that increase our carbon footprint, but it also results in higher energy bills. Switching to LED lighting can save energy, but used incorrectly it can also cause significant nuisance and disruption to people and wildlife. Used wisely it can play a part in protecting our dark skies.

Rural economy

The stargazing season starts after the busy summer season ends, boosting tourism businesses over the autumn and winter when otherwise they would see fewer visitors. This spreads numbers out across the year.



Images: Polly A. Baldwin and NASA.
Cover image: Richard Darn

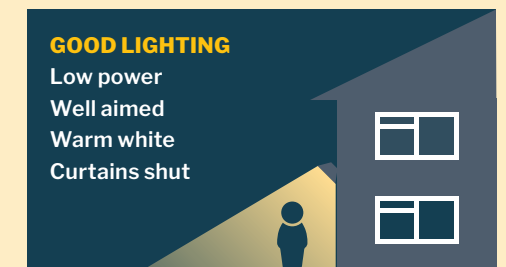
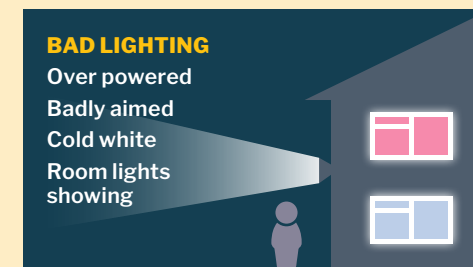
How to protect our Dark Skies

Protecting dark skies isn't about removing all lights at night. We all need light for different reasons, whether it's to get safely to our front door or to work outdoors at night.

Instead we need to use light responsibly and sensitively to benefit ourselves, our neighbours and the nocturnal wildlife around us. Light pollution is reversible!

Unlike other forms of pollution, light pollution is a problem with solutions that are easy to implement. These solutions deliver immediate and lasting results.

Remember we should only light what we need, when we need it and at a level suitable to the need.



Find out more

Contact info@howardianhills.org.uk if you have any questions or would like further information. Also visit www.howardianhills.org.uk

