



## Why it matters: Why NJ Needs it

- Artificial light at night = sleep disorders, depression, metabolic issues in humans + disorients migratory birds, pollutes insect life, affects sea turtles & amphibians.
- Light spill (light that falls outside the intended illumination zone) wastes ~30% of outdoor lighting—over \$3 billion in the U.S. and 21 million tons of CO<sub>2</sub> annually.
- Natural darkness is restorative and essential for all living things.



## WHAT IS LIGHT POLLUTION?

- Excessive outdoor lighting that brightens the night sky and causes glare.
- It prevents viewing of stars and obscures the Milky Way—99% of Americans live under light-polluted skies.
- Hampers astronomical observation and disrupts “natural darkness.”

## International

- April's International Dark Sky Week events encourage statewide public engagement
- [idsw.darksky.org](http://idsw.darksky.org)

## NJ Policy

- Proposed State legislation (A2196/S1610) would require state-funded projects to use downward-directed, energy-efficient, shielded lighting

## Local Leadership

- Municipal ordinances in Harding Township, East Amwell, Tewksbury, Cape May mandate IDA-approved fixtures, lumen caps, cut-off fixtures, and time-limited lighting





## Healthy Control & Usage Times

- Install motion sensors, timers, and dimmers to minimize the duration and intensity of lighting.
- Turn lights off by 11 PM (e.g., deck lights), and close blinds to limit indoor light leakage.

## HOW YOU CAN HELP

- Retrofit your home: install warm LED bulbs, shielded fixtures, motion sensors.
- Volunteer as a citizen scientist measuring sky brightness during Dark Sky Week.
- Advocate: discuss with neighbors, local officials; support state and municipal dark sky legislation.
- Join events: go to star-parties, public outreach, and get inspired!
- Visit [darksky.org](https://darksky.org)



## PRINCIPLES OF SMART LIGHTING

1. **Useful:** Use light only if it is needed. *All light should have a clear purpose. Consider how the use of light will impact the area, including wildlife and their habitats.*
2. **Targeted:** Direct light so it only falls where needed. *Use shielding and careful aiming to target the direction of the light beam so that it points downward and does not spill beyond where it is needed.*
3. **Low Level:** Light should be no brighter than necessary. *Use the lowest light level required. Be mindful of surface conditions, as some surfaces may reflect more light into the night sky than intended.*
4. **Controlled:** Use light only when it is needed. *Use controls such as timers or motion detectors to ensure that light is available when it is needed, dimmed when possible, and turned off when not needed.*
5. **Controlled:** Use warmer color lights where possible. *Limit the amount of shorter wavelength (blue-violet) light to the least amount needed.*

Source: <https://darksky.org/resources/guides-and-how-tos/lighting-principles/>