

Nightscape



DarkSky

#116 | June 2024

COVER STORY

Darkness for well-being

Page 14

A mindfulness expert on
connecting with the night

Page 8

5 new International
Dark Sky Places

Page 20



DarkSky

We restore the nighttime environment and protect communities from the harmful effects of light pollution through outreach, advocacy, and conservation.

HEADQUARTERS

DarkSky International
5049 East Broadway Blvd #105
Tucson, AZ 85711 U.S.A.

ONLINE

www.DarkSky.org

INSTAGRAM

[darksky_intl](https://www.instagram.com/darksky_intl)

FACEBOOK

[IDAdarksky](https://www.facebook.com/IDAdarksky)

X

[IDAdarksky](https://twitter.com/IDAdarksky)

YOUTUBE

[IntDarkSkyAssoc](https://www.youtube.com/IntDarkSkyAssoc)

On the cover

“Un pedacito de cielo en mis manos” (A piece of heaven in my hands)

Puerto Pirámides, Peninsula Valdes, Patagonia Argentina

by Paula Hazembiler

Places that inspire with pristine skies and are seriously endangered — territories where stars shine in the sea, with the presence of goddesses, the beautiful Southern Cross, and a woman amidst the sounds of the Universe. A mark in the cosmos makes us contemplate the night — I make a wish upon a shooting star. This photo was taken in the Valdes Peninsula, a World Heritage Site and one of Argentina’s most important tourist destinations. Puerto Pirámides, a village with only 500 inhabitants within the reserve, is one of the most privileged places to observe the famous southern right whales, where they come to reproduce and raise their calves. It is a Protected Natural Area covering 887,775 hectares (8877.75 sq km) of Patagonian steppe, a sea of deep blue, and pristine dark skies in danger of extinction.

TECHNICAL DETAILS

EXIF Sony A7S | 20s exposure | 20mm | f 2.8 | ISO 6400

FOLLOW

Instagram: [instagram.com/pauhazembiler](https://www.instagram.com/pauhazembiler)

Facebook: [facebook.com/paula.hazembiler](https://www.facebook.com/paula.hazembiler)

Nightscape

#116 · June 2024

Published by DarkSky International
©2024 All rights reserved

EDITOR

Megan Eaves

DESIGN

Mark Bult

DIRECTOR OF DEVELOPMENT & COMMUNICATIONS

Susan Serven

COMMUNICATIONS MANAGER

Drew Reagan

PAPER

Printed on FSC Mix paper
containing 10% post-consumer
waste recycled content, processed
elemental chlorine free.

PRINTER

AZ Litho, Tucson, Arizona, U.S.

Printed with 100% renewable
energy, certified Green-E and
member of the EPA Green Power
Partnership.



From the

Executive Director

Attendees at the Lighting Urban Community International Association conference in Montpellier, France.



Recently, I found myself driving through Tucson along Speedway Boulevard in the early morning hours. Back in 1970, *Time* magazine dubbed it the “ugliest street in America,” largely due to its clutter of billboards and streetlights. The scene isn’t much different in 2024. Although the traffic was sparse at 4 a.m., the lights from billboards, car dealerships, and store windows still blazed brightly.

While streetlights are often spotlighted as major contributors to light pollution, the reality extends far beyond. This scenario is replicated on numerous streets across America and the world, where lights continue to advertise to an absent audience all night long.

Contrast this with France. In 2019, France passed a groundbreaking law mandating that all business lighting, including indoor lights, be turned off after closing hours. Now, thousands of towns and villages across the country switch off their

streetlights during the late hours, saving millions of euros and drastically cutting down on light pollution.

I witnessed the impact of these regulations first-hand in Montpellier, France, during the annual meeting of the LUCI Association (Lighting Urban Community International) — a global network of cities committed to innovative urban lighting. Although many member cities are celebrated for their dazzling light shows that attract millions of people, this year’s conference pivoted towards a strategic goal: minimizing light pollution to benefit all living beings. Over two days, public lighting leaders from some of the world’s largest cities discussed strategies to mitigate the adverse effects of lighting.

This gathering is a testament to the growing reach of our message to key decision-makers in urban lighting. Your continued support and advocacy are truly making a difference. Thank you.



For the night,
Ruskin Hartley
ruskin@darksky.org
Tucson, Arizona, U.S.

From the Editor

The night sky is crucial to my emotional health. So often when I have been in the trenches of life's hardships, spending time under the stars has been healing. I was comforted by the late-winter glimmers of Orion's belt while grieving the death of my stepfather. I was soothed by Vega's bright reassurance during my divorce. I found a sense of perspective from the cosmos when I lost a job I loved. And during multiple pandemic lockdowns, a view up to the heavens was my only source of escape. Through ups and downs and changing

Below: The comforting view of Orion from Megan's back garden in London.

Right: The Pale Blue Dot photograph captured by the Voyager 1 spacecraft in 1990.



Megan Eaves

circumstances, the reliable vastness of the night sky has provided a blanket of constancy.

The light of Betelgeuse falling in my eyes tonight left the star in the Middle Ages — around the time that Geoffrey Chaucer was writing *The Canterbury Tales*. Thinking about all the people who have contemplated the same sky and stars for centuries since imparts a feeling of relief. We are not alone. And our struggles

somehow lessen as we zoom out into the cosmos. This draws to mind the famous Carl Sagan quote from *Pale Blue Dot*, which Sagan wrote in response to a picture captured by the Voyager 1 spacecraft of Earth appearing as a speck at a distance of 3.7 billion miles (6 billion km) from the Sun.

"Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. The aggregate of our joy and suffering."

I have shed many tears in the cool embrace of the night sky and felt its deep healing in long meditations. Under the stars, I have also shared joy, wonder, and laughter, connected with friends and strangers around the world, and even fallen in love. For me, access to a truly dark night is not a luxury, it is a necessity.

This issue of *Nightscape* is themed on the many ways that the night is good for our well-being. On p.8, you'll find an interview with Zen astronomer Mark Westmoquette, who offers us a simple mindfulness activity that we can all try under the stars. There is also a feature article with research into how darkness and the night sky are good for our mental well-being.

However and wherever this issue of *Nightscape* finds you, I am grateful that you are joining us in protecting this ancient, cosmic resource through which we are all connected. And whether you are celebrating or struggling, I hope you find solace under the stars.



Megan Eaves

nightscape@darksky.org
London, U.K.

Advocate highlights

News snippets from our network of DarkSky Advocates around the world

A México

The **Ensenada Technical Committee for the Prevention of Light Pollution in México** has restarted operations after eight years, chaired by **Delegate**

Fernando Ávila Castro.

Fernando is the leader of **DarkSky México** and was instrumental in the passing of México's historic piece of national light pollution

legislation in 2021 – the first to recognize artificial light as an environmental pollutant.



B Colorado, U.S.

In December 2023, the city of Aspen, Colorado, enacted a dark sky ordinance supported by lighting designer and **Ad-**

vocate Nancy Clanton and the Clanton & Associates lighting firm. The ordinance incorporates fines for light trespass beyond a property's boundary and a dark curfew from 10 p.m. to 7 a.m.



Adam Binehar / Unplash



C Argentina

On June 13–14, **DarkSky Argentina Advocate Carolina Valencia Donat**, an electrical engineer, is organizing the International **Conference of Reflection on the Benefits of Dark Skies and Disadvantages of Light Pollution.** The conference will be held in person in the city of Salta, Argentina, and online via Zoom. Speakers include DarkSky Advocates from across Latin America, including **Sergio Emilio Montúfar Codoñer** from Guatemala, **Marcelo Souza** from Brazil, and **Joshua Iván Muñoz Salazar** and **Fernando Ávila Castro** from México. More info and registration:

bit.ly/3yoUKQw

D Nepal

DarkSky Delegate Suresh Bhattarai gave a talk at TEDx Kamalpokhari in Nepal on how dark skies can serve as a form of astronomical heritage. He spoke about his astronomy journey since 2007. Find out more:

tedxkamalpokhari.com



Courtesy Suresh Bhattarai

Study: Blue light from buildings more deadly to migratory birds



Photomontage by Mark Bull, photos by Grand Vanczawski & Stone36 / Shutterstock

A new study in *Conservation Biology* presents evidence that night-migrating birds are at greater risk of colliding with buildings lit with high levels of blue light at night.

The study collected community science observations of dead birds

from across the densely populated city-state of Singapore. Previous studies have focused on North America, where between 365 million and 988 million birds are estimated to die from building collisions every year.

Learn more about the effects of light pollution on birds:
darksky.org/?s=birds

Drink in the beauty of the night

A great way to support DarkSky is to purchase our customized apparel, mugs, and totes.

bonfire.com/store/idadarksky



Give today: Protect critical migration flyways

With the transition of the seasons in both hemispheres, critters are on the move, including billions of birds flying between their winter homes and summer breeding grounds. Be a part of their journey by making a one-time donation to support programs that conserve migratory routes and flyways by reducing light pollution.

Double your gift! Thanks to an anonymous donation, your gift will be doubled helping to unlock a \$25,000 match.

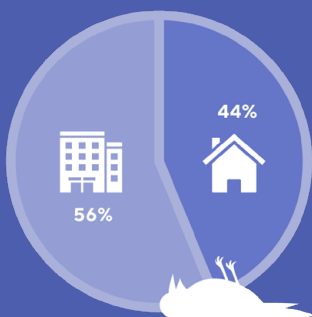
Scan Now!
act.darksky.org



Unlocked



Remaining



Light pollution's harrowing toll on birds

One billion birds die annually from collisions with buildings in the United States. Nearly half of these collisions are with homes and residential buildings. While most collisions occur during the day, light pollution draws migrating birds into neighborhoods and cities, drastically increasing these fatalities.

Incredible flights at night

Most birds migrate at night, including these super fliers. Why? Night offers cooler and more stable flying conditions, reduced risk of predation, and aids navigation.



Arctic tern

Arctic terns complete the longest migration known in the animal kingdom, traversing 90,000 km (55,923 mi) from pole to pole each year!



Northern wheatear

Found in Eurasia and parts of North America, this small bird traverses oceans and icy regions, landscapes not typical for songbirds, en route to Sub-Saharan Africa.



Bar-headed goose

Migrating to and from the Tibetan Plateau, bar-headed geese must cross the Himalayas, reaching altitudes of 7,000 m (23,000 ft).

Meet an Expert

Zen and the stars

Astronomer, Zen Buddhist, author, and mindfulness teacher Mark Westmoquette shares how connecting with the night aids in well-being.



A mindful stargazing event and meditation under the stars with Mark at the Tawny Hotel in Staffordshire, U.K.



Tell us a little about yourself, your background, and what you do.

I have a PhD in Astrophysics and worked as a professional astronomer for a decade, including at the European Southern Observatory in Munich, Germany. But in 2013, I decided to switch gears — I quit academia and took up teaching yoga and meditation.

How did you first decide to combine wellness practices with astronomy?

After writing a few speculative articles on my blog, I was contacted by a publishing company and asked if I would write a book called *Mindful Thoughts for Stargazers*, which was published in 2019. This got me seriously thinking about how to combine mindfulness and astronomy, and it blossomed from there. I wrote a second book called *The Mindful Universe*, and now I run events and retreats around the concept of “mindful stargazing.”

How does spending time under a starry night sky, or in natural darkness, boost human well-being?

Firstly, being in the dark before bed helps us sleep better by causing a surge in melatonin and supporting our natural circadian rhythm.

Secondly, immersing yourself in the experience of here and now — looking up at the night sky and listening to the sounds of the night — helps us to slow down and allows the usual whirlwind of thoughts and worries to quieten down.

And thirdly, tuning into the enormity of the universe and our place in it can help us feel connected to that which is bigger than ourselves. This instills a deep sense of wonder and awe, which has been proven to improve mental health. We realize we’re not just citizens of our country or even Planet Earth. We’re citizens of this universe, in all its wonderful, multi-dimensional beauty.

Mark’s try-at-home mindful stargazing activity

Make yourself comfortable looking at the night sky. Purposefully soften and relax your body.

While your eyes are adjusting to the dark, close them and tune into the feeling of gravity. Sense the gentle pull of our Planet Earth — our home.

Open your eyes and notice what you see. Become aware of your whole field of vision. Don’t worry if there are clouds around or the glow of streetlights. Mindfulness is about noticing things as they are and putting aside any wishes for how you

would want things to be. Allow your eyes to be filled with the vista of the night just as it is.

Don’t worry about working out what star you’re looking at, or which constellation is which. Simply immerse yourself in what you’re seeing and appreciate the view.

Take in the sights, but also the sounds around you. Be conscious of your breath and how your neck feels as you look up. There’s nothing to do here — just be. Appreciate the wonder and magic of the moment.

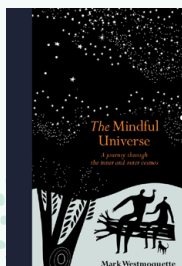
How have you seen your clients or loved ones benefit from these practices?

I regularly see people fall into a silent, awe-filled reverie when they realize that the universe isn't

just “out there,” but that we’re an integral part of it, and literally made of it. This kind of perspective change can have radical consequences for how we see ourselves and our lives. A regular at my events talks about how her worries just melt away after



For more
inspiration,
read Mark's
books



The Mindful Universe

2020

Explores the scientific workings of the universe, its awe-inspiring nature, and how it can be partnered with mindfulness to bring deep meaning to our lives.

connecting to the universe like this.

You are also a Zen Buddhist teacher. What wisdom does Buddhism offer about connecting to the natural night?

Zen is associated with the color



Mark leads a mindful stargazing event at the Yorkshire Dales Dark Skies Festival, 2022

black and a minimalist aesthetic. In the West, we associate black with death and mourning, but in Zen, we see it as the color of “no-mind” — that is, pure potential, just like the darkest peat is the most fertile. Immersing ourselves in our view of the dark sky, we see this black space of potential all around us. Instead of fearing or shying away from it, Zen teaches us to let go into it.

What advice would you give to someone new to night sky wellness?

Put aside the technology (apps, telescopes, cameras, etc) and try to remember what it was like looking at the night sky as a kid. Lie down, make yourself cozy, and marvel at the countless twinkling stars. Try making up your own constellations! ✨

Connect with Mark

WEB

markwestmoquette.co.uk

INSTAGRAM

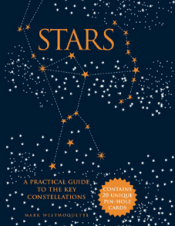
[westmoquette](https://www.instagram.com/westmoquette)

FACEBOOK

[MWestmoquette](https://www.facebook.com/MWestmoquette)

YOUTUBE

[MarkWestmoquette](https://www.youtube.com/MarkWestmoquette)



Stars: A Practical Guide to the Key Constellations 2020

A practical stargazing kit with constellation map cards to help families and stargazers find the shapes in the night sky and a companion book exploring the significance of each.



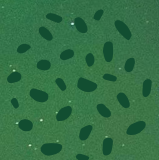
Mindful Thoughts for Stargazers 2019

A pocket-sized book of 25 contemplations that offer mindful insights on the skies above us, suitable for everyone from scientists to stargazers.

Inspiration

"I have noticed that when all the lights are on, people tend to talk about what they are doing — their outer lives. Sitting 'round in candlelight or firelight, people start to talk about how they are feeling — their inner lives. They speak subjectively, they argue less, there are longer pauses.

The famous 'sleep on it' when we have a dilemma we can't solve is an indication of how important dream time is to human well-being. The night allows this dream time, and the heavier, thicker dark of winter gives us a chance to dream a little while we are awake — a kind of reverie or meditation, the constellation of slowness, silence, and darkness that sits under the winter stars."



An excerpt from the essay "Why I adore the night"
by Jeanette Winterson

Published in *The Guardian* · October 31, 2009



PHOTO

"The northern lights over Blönduós, Iceland"

by Stephanie Vermillion

FOLLOW

[instagram.com/bystephanievermillion](https://www.instagram.com/bystephanievermillion)

stephanievermillionstudio.com

Darkness for well-being

by Megan Eaves, U.K.

If you've ever stood under the stars and taken a deep breath, you might have noticed the therapeutic effects of natural darkness. Research has shown that connecting with nature has many positive benefits, like greater mental and physical well-being, enhanced quality of life, increased satisfaction, and a decreased risk of depression.

Exposure to light at night has been proven to impact our mental health negatively. An October 2023 paper published in the journal *Nature Mental Health* showed findings from the largest-ever study (86,000+ participants) on nighttime light exposure. Participants wore a triaxial accelerometer on their wrists containing a silicon photodiode light sensor to measure their light exposure over seven days. The study found that exposure to light at night disrupts circadian rhythms and increases the risk for psychiatric disorders and

depression. The paper stated that "the simple practice of avoiding light at night and seeking brighter light during the day could be an effective, non-pharmacological means of reducing serious mental health issues."

One of the main ways that light pollution harms the human body is by disrupting the circadian rhythm. This 24-hour cycle is part of the body's internal clock, running in the background to perform essential functions, including hormone regulation and sleep. Disrupted cycles can lead to depression,



Watch Lisa Heschong's 2022 Under One Sky conference keynote on circadian rhythms:

bit.ly/heschong-UOSkeynote



fatigue, and other mental health issues.

But if exposure to excess light at night harms our mental health, can natural darkness improve our well-being?

The night is good for us

It turns out, darkness is good for our minds and spirits, as well as our bodies. In February 2024, a new “Night Sky Connectedness Index” was published in the *Journal of Environmental Psychology*. It showed that a greater connection to the night sky was positively related to a person’s mental health and happiness. According to the paper, “Feeling connected to nature [and the night sky] can give individuals a sense of purpose and meaning in life...[and] experiencing the beauty and wonder of the natural world can evoke positive emotions and a sense of awe, which can lead to increased overall happiness.”

The International Astronomical Union (IAU) also recognizes the power of the night sky to positively affect human wellness. One of its flagship pillars is dedicated to the inspirational potential of astronomy as a tool for improving people’s mental health and well-being. According to the IAU, “The contemplation of a starry sky, the Moon, or the planets from a dark, natural place elicits a feeling of awe strongly connected with positive emotions and attitudes. Likewise, people who acknowledge feeling part of a greater entity (humanity, nature, spiritual force) report increased gratitude and empathy.”

The power of awe

The clearest positive effect of spending time in the natural night is a sense of awe. Whether contemplating the vastness of the cosmos or admiring the delicate dance of nocturnal life on Earth, spending time



Jeremy Bishop / Unsplash

Ben Blennerhassett / Unsplash

Mindfulness activities

Stargazing

Try Mark Westmoquette's stargazing activity on p.9.

Yoga

Stretching and strength exercises combined with mindfulness.

Meditation

The practice of keeping the mind clear and rooted in the present moment.

Deep breathing

Controlled breathing often to a count, like inhaling for 4 seconds, holding for 4, and exhaling for 4.

Night walks

Try an evening walk to see the sunset or go for a hike to see the stars.

Body scans

Paying attention to parts of the body and sensations in a sequence from head to feet.

Five senses game

Notice 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell, and 1 you can taste.

Night soundscape listening

Sit outside in nature at night and list as many different sounds as you can.

Nocturnal wildlife spotting

Visit a wild place to look and listen for wildlife, including birds, mammals, and insects.

Grounding practice

Sit outside with your bare feet or hands touching a natural surface, such as grass or soil.

Read the interview on p.8 with astronomer, Zen Buddhist, and mindfulness teacher Mark Westmoquette for more inspiration.

in nature at night gives us a sense of wonder and perspective. We may slow down our thoughts, worry less, and experience reduced anxiety. The problems and stresses of our daily lives take on less significance when compared with the scale of nature. In his 2023 book *Awe*, psychologist Dacher Keltner shows the beneficial effects of awe on our physical, mental, and emotional well-being. His research reveals that experiencing

awe can reduce stress, quiet our inner critic, and inspire us to act unselfishly toward others.

Darkness boosts creativity

Darkness and dim illumination also promote creativity. A 2013 study in the *Journal of Environmental Psychology* investigated the effects of light and darkness on creative performance. It



Carl Newton / Unsplash

showed that darkness and dim illumination improved creative performance and that darkness elicits a feeling of being free from constraints and also triggers a risky, explorative processing style. This means that spending time in naturally dark environments can prompt new ideas, inspire bold artistic outputs, and promote fresh ways of thinking.

Practicing mindfulness

Looking at a starry night sky is a great way to practice mindfulness. Mindfulness is a calm mental state achieved by focusing one's awareness

on the present moment. A variety of studies have shown that mindfulness practices, including present-moment awareness, may help reduce symptoms of anxiety and depression. When you focus on the present moment, you're paying attention to the things currently happening. Stargazing, nocturnal wildlife watching, and wellness activities are all useful ways of connecting to the natural night while developing mindfulness. Practicing these activities regularly can result in reduced levels of stress and tension, which also contributes to overall physical and mental health. ♦

Visit Dark Skies — an audio experience



Visit Dark Skies is a ready-made guided wellness encounter with

the night sky similar to a meditation or guided yoga session. The experience involves lying on your back and being immersed in the night sky as a relaxing voice guides your gaze with soft music. It allows the participant to clear their mind and focus on their senses while learning about the Big Dipper, myths of the night sky, and how the human eye works. The experience is currently available

for the Northern Hemisphere sky in English and German. Additional languages and content on the Southern Hemisphere are under development.



Visit Dark Skies was created by architect Etta Dannemann, who wanted to use her perceptual knowledge of light and darkness and her architectural skills to make a creative contribution to the dark sky movement.

Free audio sample for *Nightscape* readers
visitdarksdies.com/stargazing



Newly certified International Dark Sky Places

Announced since February 1, 2024



ABOUT THE PROGRAM



The International Dark Sky Places program certifies communities, parks, and protected areas around the world that preserve and protect dark sites through responsible lighting policies and public education.

BY THE NUMBERS

221

International Dark Sky Places around the world

31

Countries and territories represented

6

Continents represented

171,045+

Square kilometers of protected land and night sky

Find a Dark Sky Place near you

Use the Place finder at DarkSky.org/places





Gantrisch Dark Sky Zone ¹

Bernese Prealps, Switzerland

Encompasses a protected blanket mire (peat) landscape of ecological significance and comprises 19 independent communities.

Dark Sky Park 104 km²



Mandø ²

Wadden Sea, Denmark

Ecologically important marshy island off the west coast of Denmark that hosts millions of migratory birds.

Dark Sky Park 8.46km²



Oregon Outback ³

Oregon, U.S.

Sparsely populated desert region home to the Indigenous Northern Paiute people and one of North America's oldest known human occupation sites.

Dark Sky Sanctuary 10,074.21 km²



Beaver Island State Wildlife Research Area ⁴

Michigan, U.S.

A state wildlife area and 230 acres of Biological Research Area owned and protected by Central Michigan University, with delicate ecosystems home to wildlife and migrating birds.

Dark Sky Sanctuary 37.2 km²



Kawarau Gibbston ⁵

South Island, New Zealand

Situated among the gorges and high mountains of the Otago region, this dark zone is a popular winter tourism destination and world-renowned wine region.

Dark Sky Park 25 km²

News & notables

News from the global movement promoting responsible outdoor light at night



World's first dark sky museum breaks ground

During April's total solar eclipse, a ceremony was held to break ground on the **International Dark Sky Discovery Center** in Arizona, U.S. Located in **Fountain Hills**, an International Dark Sky Community, the center will be the

world's first dedicated dark sky museum, focused on the importance of dark skies for the well-being of humans, plants, and animals. It will include a dark sky observatory, planetarium, 150-seat theater, immersive displays on dark sky topics, and a hands-on learning station.

darkskycenter.org

IN CASE YOU MISSED IT

Guatemala releases guidance for astrotourism development



The “**Plan Estratégico para el Desarrollo Sostenible del Turismo Astronómico en Guatemala 2024-2030**” (Strategic Plan

for the Sustainable Development of Astrotourism in Guatemala 2024-2030) is a Spanish-language resource created with input from **Advocates across Latin America** and led by Advocate and Board member **Sergio Montúfar Codoñer**. It guides efforts to promote and protect celestial visibility, minimize light pollution, and leverage the appeal of stargazing for tourism and educational purposes. It is available as a free resource for DarkSky Advocates.

bit.ly/DSguatemala



U.S. students win national award for light pollution project



A class of 31 students from **Stillwater Middle School** in Minnesota, U.S., have won an award for their light pollution project to protect migratory birds.

The students designed a bioluminescent, downward-facing, solar light shaped like a snowdrop flower (*Galanthus*) with robotic “petals” that open and close at different times of the day. The 6th-grade class (11-12 years old) was among the youngest of the 10 finalists in the Samsung Solve for Tomorrow STEM competition and was awarded \$60,000 in prizes.



Sarasota Art Museum unveils night sky exhibition

Multimedia artist **Anne Patterson** and composer **Patrick Harlin**, explorer of soundscape ecologies, have created an

immersive art installation, “**The Truth of the Night Sky**,” at Sarasota Art Museum in Florida, U.S. Through rooms filled with sounds, music, sculpture, and light and dark painting, the exhibition aims to capture the sense of collective awe and wonderment we feel under the dome of the stars and show how art may inspire hope.

WHERE

Sarasota Art Museum
Sarasota, Florida, U.S.

WHEN

April 21 – September 29, 2024

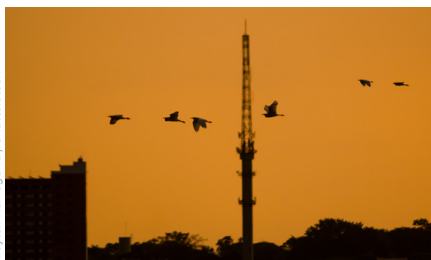
sarasotaartmuseum.org

OVERHEARD

“Three years ago, I was standing at my second-story bedroom window looking out at a newly installed streetlight. It was turning my night into day; I was lost in a sea of light.”

“After many sleepless nights, I discovered DarkSky International and found that I wasn’t alone. Thank you so much for your efforts and opening my eyes to the possibilities of having a dark sky right over my head.”

– Ryan Andreasen
Coordinator, DarkSky Layton
Utah, U.S.



Donate to protect migrating birds

DarkSky depends on special donations throughout the year to fund critical programs, including projects that protect nocturnal routes and flyways for migratory birds. By giving today, your contribution will be doubled thanks to a special matching gift! Thank you for your continued support.

bit.ly/birdappeal



Light pollution connected to stroke and polycystic ovarian syndrome

Two new scientific studies have shown that **light pollution is connected to human health problems including strokes and polycystic ovarian syndrome (PCOS)**. A study in the journal *Stroke* found that exposure to artificial, bright, outdoor nighttime light is linked to higher stroke risk, with harmful effects on brain health. Another study published in *Epidemiology*, which included more than 20,600 women in China, found that outdoor artificial light at night is associated with a disruption in reproductive hormones and a prevalence of PCOS.

Nonprofit Org
US Postage
PAID
Tucson AZ
Permit #1902

DarkSky International
5049 E. Broadway Blvd, #105
Tucson AZ 85711
USA



Address service requested

DARKSKY AWARDS

Nominate a DarkSky hero

Are you or someone you know deserving of recognition for protecting the night? Whether they have dedicated decades to reducing light pollution, brought innovative dark sky solutions to the lighting industry, or are up-and-coming defenders of the dark, we want to celebrate their commitment to the dark sky movement!

Whoever they might be, be sure to nominate them for a DarkSky Award. Awards will be presented live during our Under One Sky Global Conference, November 8-9, 2024.

**Nominations close
on June 30, 2024**

Learn more about the award categories and nominate a DarkSky hero by visiting our awards website:

darksky.org/awards