

**British Astronomical Association
Campaign for Dark Skies (CfDS)
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www.britastro.org/dark-skies

Blinded by the Light?

***A handbook for:
campaigners against the misuse of artificial light;
victims of light pollution;
friends of the terrestrial and celestial natural environ-
ments.***

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Introduction

There is no doubt that, since its invention in the nineteenth century, artificial light, both public and domestic, has brought great benefits. Only now, as we move into a 24-hour society, and swathes of light have become visible from space all over the night side of our planet, are we beginning to realise that lighting also has its “dark side”.

This is a guide to the adverse impact upon the environment, on humans and on wildlife of wasted artificial light (commonly known as light pollution, or LAN – Light at Night). This guide will define the problem. It will explore both the evident and the less evident ill-effects of poor lighting practice. It will suggest courses of action (see chapter 6) to turn back the tide of wasted light which has appeared across the UK and the rest of the developed world since the 1950s: a trend which continues unabated.