

Effects on human health and psychology

http://en.wikipedia.org/wiki/Light_pollution

Medical research on the effects of excessive light on the human body suggests that a variety of adverse health effects may be caused by light pollution or excessive light exposure, and some lighting design textbooks^[14] use [human health](#) as an explicit criterion for proper interior lighting. Health effects of over-illumination or improper spectral composition of light may include: increased [headache](#) incidence, worker [fatigue](#), [medically defined stress](#), decrease in [sexual](#) function and increase in anxiety.^{[15][16][17][18]}

Common levels of fluorescent lighting in offices are sufficient to elevate blood pressure by about eight points. There is some evidence that lengthy daily exposure to moderately high lighting leads to diminished sexual performance.^[citation needed] Specifically within the USA, there is evidence that levels of light in most office environments lead to increased stress as well as increased worker errors.^{[19][20]}

Several published studies also suggest a link between exposure to light at night and risk of [breast cancer](#), due to suppression of the normal nocturnal production of [melatonin](#).^{[21][22]}

In 1978 Cohen et al proposed that reduced production of the hormone melatonin might increase the risk of breast cancer and citing "environmental lighting" as a possible causal factor.^[23]

Researchers at the [National Cancer Institute](#) (NCI) and [National Institute of Environmental Health Sciences](#) have concluded a study that suggests that artificial light during the night can be a factor for breast

In 2007, "shiftwork that involves circadian disruption" was listed as a probable carcinogen by the World Health Organization's International Agency for Research on Cancer. (IARC Press release No. 180).^[25] Multiple studies have documented a link between night shift work and the increased incidence of breast cancer.^{[26][27][28][29]}

A good review of current knowledge of the health consequences of exposure to artificial light at night and an explanation of the causal mechanisms has been published in the Journal of Pineal Research in 2007.^[30]