

# Get a good night's sleep.

Excess light at night disrupts the human circadian rhythm, and may lead to poorer health.

Follow the five principles of good lighting listed on the other side of this card.

Use dark sky approved lighting and encourage your neighbors and municipalities to do the same. Communicate your desire to preserve dark skies to your representatives and retail stores.



**DarkSky**  
NEW MEXICO  
CHAPTER



<http://nmdarksky.org>

# Five Lighting Principles for Responsible Outdoor Lighting



Responsible outdoor lighting is

## 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 falls only where it is needed

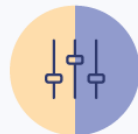
Use shielding and careful aiming to target the direction of the light beam so that it points downward and does not spill beyond where it is needed.



## 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 Warm-colored

### Use warmer color lights where possible

Limit the amount of shorter wavelength (blue-violet) light to the least amount needed.

