



## **Let's Protect the Night Sky – Reduce Light Pollution!**

Excessive artificial lighting at night affects nature, human health, and the overall quality of the tourist experience. By reducing light pollution, we can all contribute to more sustainable tourism.

### **Impact on nature**

- Birds can become disoriented during migration
- Nocturnal insects and bats lose habitats and food sources
- Plants may experience disruptions to their natural growth and flowering cycles

### **Impact on people**

- Bright lighting at night can disturb sleep and circadian rhythms
- It reduces the production of melatonin, a hormone essential for sleep and the immune system
- Over time, it may contribute to stress, fatigue, and chronic health issues

### **Tips for tourists and businesses**

- Use lighting that is directed toward the ground, not the sky
- Choose warm-coloured LED lights that are less disruptive to nature
- Use sensors and timers so lights are on only when needed
- Inform visitors about the importance of preserving darkness and the nighttime environment

***Reducing light pollution makes a destination more attractive for visitors, healthier for people, and safer for wildlife.***