

Dear Friend,

We have been notified that the outdoor lights on your property are unintentionally shining into the eyes and onto the property of your neighbors. We hope that with this letter, we can convince you to adjust your outdoor lighting to keep the light from trespassing beyond your property.

Research in the past few years has shown that darkness, just like air and water, is a fundamental necessity for all biological life, including humans. Artificial light, especially at night, pollutes the darkness resource. This pollution leads to significant increases of rates of prostate and breast cancer, diabetes, obesity and anxiety and mood disorders.

Many people are concerned about their safety and security, but research has clearly shown that bright white lights do not reduce crime. In fact, it is likely that bright white LED lights increase crime rates because the blue wavelength part of the spectrum causes people to be more active and committing crimes instead of getting healthy, quality sleep. The photo below shows how the owners of an apartment complex attempted to stop crime by using bright white lights for security. It did not work.



Artificial light can also harm your neighbors. About 20% of the population has some type of sensitivity to artificial light. They might be a migraine sufferer or a person with autism or a veteran with PTSD. Those who are sensitive to light, and especially the contrast between dark and light, can suffer severe reactions ranging from headache, to nausea, to flashbacks and feelings of torture.

In the interests of protecting people's eyes, mental wellbeing, and the darkness resource we all require for healthy lives; we ask that you please make these adjustments.

- 1) Turn off the outdoor lights when you are not using them to navigate.
- 2) Use an amber colored light (approximately 2200 Kelvin).
- 3) Use a low brightness light (approximately 50 to 450 lumens).
- 4) Use a fixture that prevents the light from trespassing beyond your property. The images below are examples of well-shielded lighting.



For further details on how light impacts our health and the environment, please visit our website at www.softlights.org

Sincerely,

Mark Baker

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