

DID YOU KNOW?

LIGHT AND SOUND POLLUTION

Are Changing the Natural World

Artificial light at night and constant noise are more than just a nuisance—they disrupt the lives of birds, wildlife, and entire ecosystems.



LIGHT POLLUTION

Too much artificial light at night can:



DISRUPT MIGRATION

Birds navigate by natural light. Artificial light can confuse them, causing disorientation, collisions with buildings, and exhaustion.



THREATEN REPRODUCTION

Sea turtle hatchlings rely on dark, horizon lines to find the ocean. Bright lights inland lead them away from survival.



IMPACT POLLINATORS & INSECTS

Artificial light attracts and traps insects, disrupting pollination and the food web that many animals depend on.



ALTER NATURAL BEHAVIORS

Nocturnal animals need darkness to hunt, hide, mate, and thrive. Light pollution throws their internal clocks—and survival—off balance.



SOUND POLLUTION

Excessive noise from traffic, construction, and urban life can:



INTERFERE WITH COMMUNICATION

Birds sing to attract mates and defend territory. Loud noise forces them to sing louder or at different times—using more energy and reducing success.



CAUSE STRESS

Chronic noise triggers stress in animals, increasing heart rate and cortisol levels, which can weaken immune systems and reduce lifespan.



DISRUPT NAVIGATION & HUNTING

Many marine animals rely on sound to navigate and find food. Noise pollution masks these important natural signals.



REDUCE BREEDING SUCCESS

Overpowering noise can prevent animals from hearing mates or cause them to abandon breeding sites.

★ *Healthy ecosystems depend on natural rhythms. Let's protect the night—and the wild.* ★



JOIN THE DARK SKIES MOVEMENT

Dark Skies programs work to reduce light pollution, protect wildlife, and preserve our view of the stars.

- ✓ Promote responsible outdoor lighting
- ✓ Support wildlife and community health
- ✓ Preserve natural beauty for future generations

Small changes. Big impact.

TURN DOWN THE LIGHT. TUNE IN TO NATURE.

LEARN MORE & GET INVOLVED

Find a Dark Skies program near you and discover how you can help.



VISIT:
darksky.org

to learn more, find local initiatives, and take action.

A better night for wildlife. A brighter future for us all. ♥