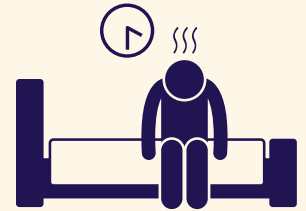


Light pollution

Over **80%** of the world's population is living under light-polluted night skies

This can cause **circadian disruption, sleep problems and mental health disorders** that can lead to **cognitive decline in the long-term**



"Recently, I haven't been able to see as many stars"

"I always sleep better when I'm somewhere that doesn't have light pollution"

How we design our cities can reduce risks and mitigate impacts from light pollution:



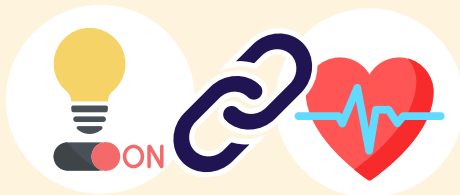
urban light sources
(e.g. street lights)



legislation



pedestrianisation of spaces



A better understanding of how light pollution affects our health can aid planners in making evidence-based solutions, and help citizens demand and build healthier communities

Light pollution is increasing and we can't underestimate its impact on our health

1) Falchi et al., The new world atlas of artificial night sky brightness. Sci Adv. 2 (2016)

SUPPORTIVE ENVIRONMENTS FOR PHYSICAL & SOCIAL ACTIVITY, HEALTHY AGEING & COGNITIVE HEALTH



SPACE