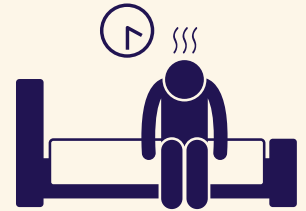
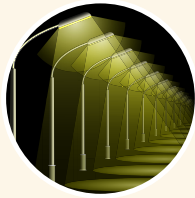


# Light pollution



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

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



We asked members of our Healthy Ageing Advisory Group\* what they thought...

*"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"*

Our stakeholders said...

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



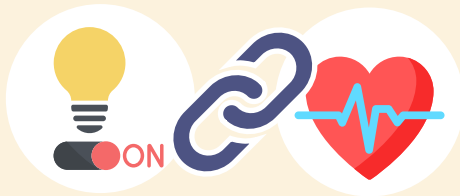
urban light sources



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**