Light pollution



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



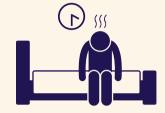
We asked members of our Healthy Ageing Advisory Group* what they thought...

"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"*

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





Our stakeholders said... How we design our cities can reduce risks and mitigate impacts from light pollution:



sources



urban light le

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) *Members of the public representing older persons who helped shape our research and ensured we considered their lived experiences, insights and opinions







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Healthy Ageing Challenge Social, Behavioural and Design Research





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