



TOGETHER FOR NATURE

GO LIGHTS OUT

Save energy, save birds, see stars

Lights Out programs help mitigate impacts to birds, as well as helping to save energy, save money, reduce our carbon footprint, and preserve our view of the stars! You can help too by Taking the Pledge to go Lights Out at home.

How Fighting Light Pollution Can Help Save Birds

The rapidly growing Portland metro region sits along the Pacific Flyway, a superhighway of migrating birds.

Many birds migrate at night every spring and fall, using the moon and stars as guides. As birds pass over brightly lit cities, sky glow can disorient them and lure them into the maze of urban areas, where they face secondary hazards that can greatly impair their survival.

Without additional factors, migration is already an energetically demanding and dangerous feat for the millions of birds that make these journeys.

Night is Habitat

For 4.5 Billion years, there was no artificial light on Earth, and biological systems evolved under cycles of light and dark. Today the planet is awash in light, from streetlights to sports field lighting. According to the New World Atlas of Artificial Night Sky Brightness, more than 99% of people in the US live under a haze of light pollution.

When we light the night, we fragment the dark and impact ecosystems that rely on carefully timed patterns of darkness and light, whose rhythms govern sleep cycles as well as migration, hibernation, flowering, etc.

What You Can Do

- 1. Help Prevent Window Collisions at Home** Window collisions kill up to 1 billion birds every year, making this one of the top three threats to wild birds. Birds do not perceive unmarked glass as a barrier and fly directly into reflections of sky and habitat. Nearly half of all collisions occur at 1-3 story residential buildings and over half occur at low rise commercial buildings! That means that we need your help at home to address this issue!
- 2. Choose Well-shielded, Warm LEDs to Reduce Light Pollution** LEDs are long-lived and offer significant energy savings! However, some kinds of LEDs produce blue-rich white light which scatters very readily in the atmosphere and can impact circadian rhythms in humans, plants, birds, fish and wildlife. There are many LED products available today that provide energy efficiency without compromising ecosystem or human health. Warm LEDs are now readily available and cost effective. When converting to LED, make sure to choose warm light bulbs that are under 3,000 Kelvins. Always choose light fixtures that aim down.



Take the Pledge to help Save Energy, Save Birds and See Stars!

Do an audit of your home lighting and follow best practices:

- Turn off your outdoor lights when you're not using them.
- Make sure outside lights aim down and are well-shielded so that they don't create light trespass or glare.
- Install motion sensors on your outside lights so that they're only on when needed.
- When converting outdoor lights to LED, choose warm bulbs (3,000 Kelvins or under).
- During migration seasons, draw your blinds or curtains to reduce light spill.