A GUIDE TO

BIRD FRIENDLY LIGHTING

PORTLAND AUDUBON

TOGETHER FOR NATURE

Birds remind us of the majesty of nature that surrounds us, even right here in the city! Many birds live and nest here, and others move through on a journey between their breeding and wintering grounds. Each year, millions of birds migrate using the moon and stars as their guides.

Skyglow from poorly designed exterior lighting can confuse them and lure them into the city, where they face hazards like window collisions, cats, and cars.

Light pollution affects birds, wildlife, fish, amphibians, plants, and human health as well as impairing our view of the night sky. In fact, today nearly 80% of North Americans live in places from which they cannot see the Milky Way!

Photo by Scrubhiker (USCdyer)

A GUIDE TO

BIRD FRIENDLY LIGHTING

PORTLAND AUDUBON

TOGETHER FOR NATURE

Birds remind us of the majesty of nature that surrounds us, even right here in the city! Many birds live and nest here, and others move through on a journey between their breeding and wintering grounds. Each year, millions of birds migrate using the moon and stars as their guides.

Skyglow from poorly designed exterior lighting can confuse them and lure them into the city, where they face hazards like window collisions, cats, and cars.

Light pollution affects birds, wildlife, fish, amphibians, plants, and human health as well as impairing our view of the night sky. In fact, today nearly 80% of North Americans live in places from which they cannot see the Milky Way!

Photo by Scrubhiker (USCdyer)

You can help protect birds and conserve our view of the stars by choosing well-designed lighting

Low Color Temperature

Blue-rich white light (over 3,000K) obscures the stars and is dangerous at night for migrating and nesting birds, plants, wildlife, and humans alike.

The easiest way to control this is to select exterior lighting that is below 3,000K. This is also better for human health, as night-time exposure to blue-rich white light has the potential to disrupt our circadian rhythms.

Converting to LED is great for energy efficiency, and today, LED's are efficient across the range of color output.

Low Intensity Light

Don't overlight! Overly bright lights waste money, waste energy, create glare, and result in light pools adjacent to areas of deep shadow. Glare creates a safety issue for people when the dilated pupil has to re-adjust to dark areas after leaving an overlit area on foot or while driving.

Good Directionality

Lighting should also have good shielding and point down to where light is needed and not up into the sky. This is a smart choice for reducing light pollution and preserving our view of the stars. Look for the term "full cut-off" to identify exterior fixtures that don't send any light in an upward direction.

http://bit.ly/portlandaudubonlightsout

You can help protect birds and conserve our view of the stars by choosing well-designed lighting

Low Color Temperature

Blue-rich white light (over 3,000K) obscures the stars and is dangerous at night for migrating and nesting birds, plants, wildlife, and humans alike.

The easiest way to control this is to select exterior lighting that is below 3,000K. This is also better for human health, as night-time exposure to blue-rich white light has the potential to disrupt our circadian rhythms.

Converting to LED is great for energy efficiency, and today, LED's are efficient across the range of color output.

Low Intensity Light

Don't overlight! Overly bright lights waste money, waste energy, create glare, and result in light pools adjacent to areas of deep shadow. Glare creates a safety issue for people when the dilated pupil has to re-adjust to dark areas after leaving an overlit area on foot or while driving.

Good Directionality

Lighting should also have good shielding and point down to where light is needed and not up into the sky. This is a smart choice for reducing light pollution and preserving our view of the stars. Look for the term "full cut-off" to identify exterior fixtures that don't send any light in an upward direction.

http://bit.ly/portlandaudubonlightsout