



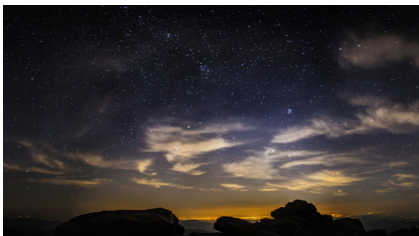


# LOSING THE DARK

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time	visuals	audio	
0:00			1
		<i>[intro music: 20 sec.]</i>	2
			3
			4
0:20		We live on the surface of a planet spinning on its axis once every 24 hours.	5
			6
			7
0:28		Its rhythms of day and night are embedded in the biological makeup of all life.	8
			9
			10
0:38		During the day, we bathe in the glow of the Sun.	11
			12
			13
0:45		As night approaches, darkness takes over. It's a time to rest, to rejuvenate, to marvel at the beauty of the night.	14
			15
			16
			17
		<i>[music segue: 9 sec.]</i>	18
			19
1:03		Until just over a century ago, our night skies were very dark.	20
			21
			22
1:11		Now, even the wilderness is invaded by light.	23
			24
		<i>[music segue: 5 sec.]</i>	25



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time

visuals

audio

1:20



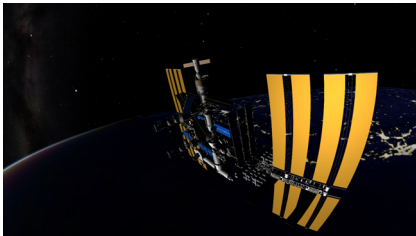
Our cities glow at night. Buildings are lit up.  
Unshielded lights blind us as we travel along  
our streets and roads. All these artificial lights  
overpower the darkness.

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*[music segue: 5 sec.]*

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1:41



The waste of energy is obvious, even from  
space.

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1:48



Much of that yellow glare the astronauts see  
comes from street lights. They produce most  
of the light pollution on the planet.

11  
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1:59

The glare is scattered by the atmosphere,  
creating sky glows over the landscape.

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2:07

We are losing the dark of night at the speed of  
light.

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2:16



Light pollution threatens the health of every  
living thing on Earth. Lights at night disrupt  
plant growth. Unshielded lights contribute to  
the deaths of countless land and sea animals  
each year.

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time	visuals	audio	
2:29		Migrating birds crash into illuminated buildings.	1
2:35		Newly hatched sea turtles mistake the glow of electric lights for the shimmer of the ocean surface.	2 3 4 5 6
		<i>[music segue: 7 sec.]</i>	7 8 9
2:47		Bright lights at night also directly affect humans. Drivers and pedestrians temporarily blinded by poorly designed lights have suffered tragic accidents.	10 11 12 13
3:01	 	Light pollution poses a silent threat to our health. Exposure to light at night disrupts the circadian rhythms that regulate our sleep cycles. People working at night under bright lights or living in light-polluted cities face a higher risk of developing diseases such as breast and prostate cancer.	14 15 16 17 18 19 20 21
		<i>[music segue: 6 sec.]</i>	22 23 24 25



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time

visuals

audio

3:26



Here is a night sky with typical light pollution.  
On a good night the brighter stars and planets  
pierce the glow.

*[music bridge: 6 sec.]*

3:40



This is what the night sky might look like if we  
could remove the light pollution.

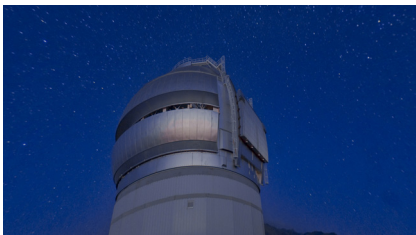
3:49



That faint band of light stretching across the  
sky is the Milky Way -- our home galaxy.  
Because of light pollution, many people have  
never seen it.

*[music segue: 9 sec.]*

4:10



Astronomers know all too well the problems  
caused by lighting up the night. They need  
clear, dark skies to study the many fascinating  
objects in the universe. Light pollution simply  
washes out their view of the cosmos.

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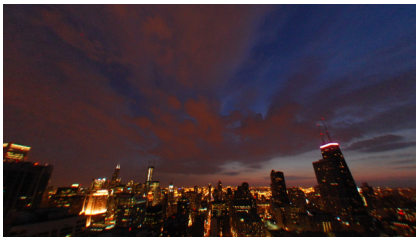


time

visuals

audio

4:29



Lighting up the night sky wastes money and fossil fuels. To keep a 100-watt light bulb turned on every night for a year takes the equivalent energy output from burning half a ton of coal. Multiplied by the billions of lights blazing up from Earth, the cost of energy we use to light up the night is colossal.

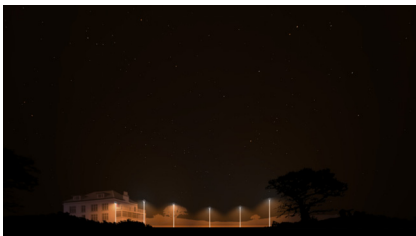
*[music segue: 3 sec.]*

4:54



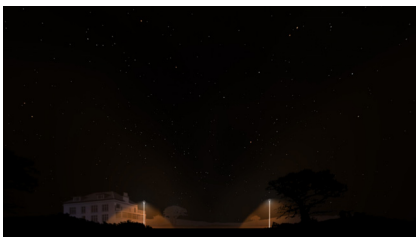
While lighting is needed, there are some simple things we can do to ensure that it's neighborhood-friendly, energy efficient and helps preserve dark skies.

5:06



We can replace light fixtures that send light up to the sky with ones that direct light down, exactly where we want it. They're called "fully shielded fixtures."

5:18



We can also illuminate only the places that need it.

5:23

And, of course, we can just turn off unnecessary lights.

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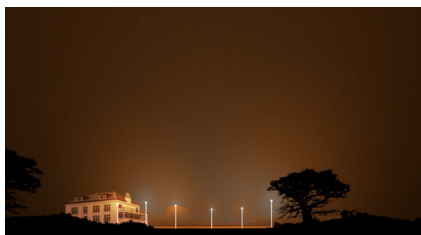


time

visuals

audio

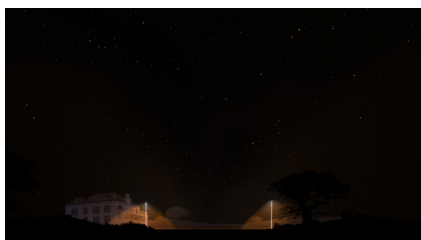
5:28



These are smart ways to use lighting. They offer simple solutions to problems caused by light pollution.

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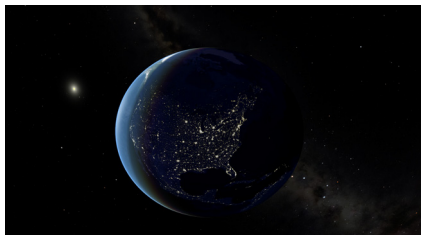
We have a choice – between wasting resources by sending light to the sky – or learning to use light more responsibly.

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*[music segue: 3 sec.]*

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5:48



Light pollution is a problem each of us can help solve. Together, we can bring back the dark of night to planet Earth.

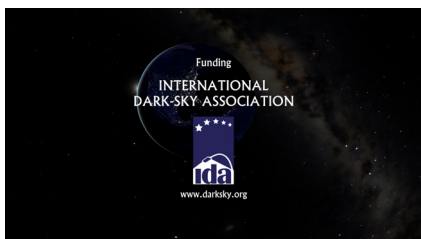
10  
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14

*[credits music: 27 sec.]*

15



16  
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6:24

*[End]*

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During the day, we bathe in the glow of the Sun. As night approaches, darkness takes over. It's a time to rest, to rejuvenate, to marvel at the beauty of the night.

Until just over a century ago, our night skies were very dark. Now, even the wilderness is invaded by light.

Our cities glow at night. Buildings are lit up. Unshielded lights blind us as we travel along our streets and roads. All these artificial lights overpower the darkness.

The waste of energy is obvious, even from space.

Much of that yellow glare the astronauts see comes from street lights. They produce most of the light pollution on the planet. The glare is scattered by the atmosphere, creating sky glows over the landscape.

We are losing the dark of night at the speed of light.

Light pollution threatens the health of every living thing on Earth. Lights at night disrupt plant growth. Unshielded lights contribute to the deaths of countless land and sea animals each year. Migrating birds crash into illuminated buildings. Newly hatched sea turtles mistake the glow of electric lights for the shimmer of the ocean surface.

Bright lights at night also directly affect humans. Drivers and pedestrians temporarily blinded by poorly designed lights have suffered tragic accidents.

Light pollution poses a silent threat to our health. Exposure to light at night disrupts the circadian rhythms that regulate our sleep cycles. People working at night under bright lights or living in light-polluted cities face a higher risk of developing diseases such as breast and prostate cancer.

Here is a night sky with typical light pollution. On a good night the brighter stars and planets pierce the glow.

This is what the night sky might look like if we could remove the light pollution.

That faint band of light stretching across the sky is the Milky Way -- our home galaxy. Because of light pollution, many people have never seen it.

Astronomers know all too well the problems caused by lighting up the night. They need clear, dark skies to study the many fascinating objects in the universe. Light pollution simply washes out their view of the cosmos.

Lighting up the night sky wastes money and fossil fuels. To keep a 100-watt light bulb turned on every night for a year takes the equivalent energy output from burning half a ton of coal. Multiplied by the billions of lights blazing up from Earth, the cost of energy we use to light up the night is colossal.

While lighting is needed, there are some simple things we can do to ensure that it's neighborhood-friendly, energy efficient and helps preserve dark skies.

We can replace light fixtures that send light up to the sky with ones that direct light down, exactly where we want it. They're called "fully shielded fixtures."

We can also illuminate only the places that need it.

And, of course, we can just turn off unnecessary lights.

These are smart ways to use lighting. They offer simple solutions to problems caused by light pollution. We have a choice -- between wasting resources by sending light to the sky -- or learning to use light more responsibly.

Light pollution is a problem each of us can help solve. Together, we can bring back the dark of night to planet Earth.