

Environmental Health Trust & Wyoming Stargazing

invite you to join an early evening discussion

Why Dark Skies at Night Are
Good For You and the Planet
SAMUEL SINGER, PHD

The Science of Sleeping in the Dark
Proven Formulas for Better Rest
DEVRA DAVIS, PHD, MPH



Samuel Singer, PhD

FOUNDER AND EXECUTIVE DIRECTOR,
WYOMING STARGAZING

Samuel began his love of the universe at Hampshire College where he got a B.A. in Physics and Astronomy and built Dobsonian telescopes. He earned his Masters in Natural Science–Environment and Natural Resources at the University of Wyoming during which he built a small observatory for the Teton Science Schools in Jackson Hole. He completed his PhD in Science Education from the University of Wyoming focused on spirituality in outdoor environmental education.



Devra L. Davis, PhD, MPH

PRESIDENT, ENVIRONMENTAL HEALTH TRUST

Dr. Devra Davis is an award-winning scientist and writer. Davis was a founding director of the Board on Environmental Studies and Toxicology of the U.S. National Research Council, National Academy of Sciences, and has worked on numerous environmental exposures, from chemicals to lead to air pollution. She was a lead author on the Intergovernmental Panel on Climate Change, and part of the team of scientists awarded the Nobel Peace Prize along with Al Gore.

TETON COUNTY COMMISSIONERS
will be discussing their approach
to addressing light pollution in
Teton County.

- Luther Propst, Chair
- Natalia D. Macker, Vice Chair



Luther Propst
CHAIR



Natalia D. Macker
VICE CHAIR

Monday March 6, 2023 | 5:30 pm
Hansen Hall | St. John's Episcopal Church

Light Refreshments Served



Wyomingstargazing.org

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**ENVIRONMENTAL
HEALTH TRUST**

Dark Night Skies are the National Parks Above Our Heads

To protect our dark sky please consider the following:

- Artificial light at night pollutes our skies with negative consequences for astronomers, wildlife, and all who try to enjoy a dark night sky.
- An increasingly smaller fraction of the world's population has the opportunity to enjoy naturally dark night skies.
- Jackson's lights are much brighter than they need to be and can be reduced by following some simple cost-effective steps.

The American Medical Association's 2016 Guidance to Reduce Harm from High-Intensity Street Lights

- The American Medical Association (AMA) encourages communities to minimize and control blue-rich environmental lighting by using the lowest emission of blue light possible to reduce glare.
- The AMA recommends an intensity threshold for optimal LED lighting that minimizes blue-rich light that suppresses melatonin production during the night.
- The AMA recommends that all LED lighting be properly shielded to minimize glare and detrimental human health and environmental effects, and urges users to dim LED lighting during off-peak time periods.

Protecting Nature

Excessive outdoor lighting disrupts many wildlife species that need a dark environment. For instance, poorly designed LED lighting disorients some bird, insect, turtle, and fish species, and U.S. National Parks have adopted optimal lighting designs and practices that minimize the effects of light pollution on the environment.

Simple and inexpensive ways to address light pollution to keep us all healthier and safer:

- Turn off lights at night when not in use.
- Shield lights that must remain on.
- Use warm white bulbs, motion sensors, or timers.
- Avoid screens before bedtime.
- Sleep in darkness.



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