



Jervaulx star trail

Short-eared owl



## Top Tips to make your lighting dark sky friendly

The Yorkshire Dales has some of the darkest sky in the country. You can help keep it that way by following this simple advice.

**First, and most importantly, only use external lighting where and when it is really needed.**

If you do need external lighting, try to follow these tips:

- ★ **Angle lights downward** – don't allow any unnecessary light to shine near or above the horizon
- ★ **Install lights at the lowest possible height**
- ★ **Point where the light is needed** – not in a direction that disturbs neighbours or wildlife

- ★ **Switch external lights off when not needed** - use proximity sensors and avoid dusk-till-dawn sensors
- ★ **Light to the appropriate illuminance** – do not overlight needlessly
- ★ **Use lamps of 500 lumens and less** – this is appropriate for most domestic purposes (lumens should be shown on the lightbulb box)
- ★ **Avoid bright white and cooler temperature LEDs** – they are harmful to wildlife. Look for a colour scale on the side of the lightbulb box and aim to stay in the warm red and yellow sector below 3,000 Kelvin

**Remember to close the curtains at night – internal lighting also causes light pollution if not shielded.**

## Examples of good external light fittings



Compact LED directed down



Halogen floodlight correctly angled

## Examples of bad external light fittings



No Canopy



Light spills up



Canopy too small



Incorrect angle light spills up

Find out where you can buy dark sky friendly lighting, and get more lighting advice at: [www.yorkshiredales.org.uk/good-lighting-advice/](http://www.yorkshiredales.org.uk/good-lighting-advice/)

# Lighting Advice

## in the Yorkshire Dales

### Why does the night sky need protecting?

Artificial lighting is making the night sky brighter than it ever has been, disrupting the natural day-night pattern and shifting the delicate balance of our environment. It can be linked to:

- ★ The decline in numbers of certain bat, bird and insect species in some places
- ★ Disruption to our biological rhythm – increasing stress and disturbing sleep patterns
- ★ Increased energy consumption

The awe-inspiring night sky is a source of inspiration and tranquillity - but today **only 2%** of people in Great Britain can experience a truly dark sky at night.

You can help protect the exceptional night sky from the increasing problem of light pollution. Making small improvements to lighting can lead to huge improvements in the quality of our dark night sky.

For help and further advice go to [www.yorkshiredales.org.uk/looking-after](http://www.yorkshiredales.org.uk/looking-after)

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