夜幕降临时，南京最繁华商圈新街口却被“白夜”袭扰。丰富多彩的夜间照明虽给我们夜生活提供了保障，但你知道吗？过度地使用夜间照明也会导致光污染。

**什么是光污染？**我们大都熟悉空气和水污染，但你是否知道光也可以是一种污染呢？

**光污染有哪些严重危害？What are the serious hazards of light pollution?**

如今当你夜间在新街口抬头望向天空，会发现看星空变成了一种奢望。但光污染除了让我们难以看见星空，还会增加能源消耗、导致交通事故、影响犯罪和安全、扰乱我们的昼夜节律破坏生态系统等等

**我们能做什么？**

幸运的是，光污染是可控的，我们每个人都能为减轻光污染发挥作用。

* Optimize the planning of urban layout
* Control the starting and closing time
* Consciously understand the knowledge of light pollution
* Educate and propaganda via the Internet
* Social organization's participation

让我们从现在开始，为还新街口一片璀璨星空献出自己的一份力。

When night falls, Xinjiekou, the busiest urban community in Nanjing, is harassed by "white night". Beautiful night lighting makes our nightlife colorful, but do you know that excessive use of artificial light leads to light pollution?

What is light pollution?

It is caused by excessive or poor use of artificial lights and is very common in our daily life. Its phenomena include light trespass, over-illumination, light clutter and so on.

What are the serious hazards of light pollution?

Nowadays, when you look up at the sky at night in Xinjiekou, you will find that stargazing has become a luxury. But light pollution not only makes the stars disappear, but also increases energy consumption, causes traffic accidents,

disrupts our circadian rhythm and damage the ecosystem ...

**What can we do?**

**After research, these measures are found to be the most suitable for Xinjiekou to mitigate light pollution hazards:**

* Optimize the planning of urban layout and reasonably arrange the light distribution
* Control the starting and closing time of artificial lights
* Introduce a set of reward and punishment mechanisms
* Reduce the rated power of lights on buildings
* Raising public awareness of light pollution prevention through education

Everyone can contribute to make our community a better place to live. Let's do our part to return a bright starry sky to Xinjiekou from now on!