

# Light Pollution in Europe

# What is light pollution?

**Light pollution** is the excessive or misdirected artificial light that brightens the night sky, reducing visibility of stars and disrupting natural ecosystems.

It is caused by artificial sources such as streetlights, buildings, and signage that unnecessarily emit light upwards or stay illuminated. Light pollution not only affects astronomical observations but also impacts wildlife behaviour and human health by disturbing natural sleep cycles. Reducing it involves using properly shielded lighting and minimising unnecessary night-time illumination.

