**Light Pollution and Circadian Rhythms: Acute and Long-Term Effects**

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Throughout the history of life on earth, organisms evolved in a 24 hour day-night cycle, evident in our physiology through circadian rhythms. Artificial Light At Night (ALAN) beginning in the 20th century brought about an unprecedented change to the natural light regime, the consequences of which are only beginning to be understood.

This seminar will focus on the effects of light pollution through ALAN from two complementary viewpoints: 1) large scale epidemiological studies examining breast cancer incidence over hundreds of thousands of night shift working nurses and 2) tightly controlled experiments examining the short-term effects of ALAN on sleep and circadian timing.