



Technical note

All outdoor lights should have a rating of IP44 to IP65 to protect against water and dust.

Bulbs of up to 500 lumens are appropriate for domestic purposes. 500 lumens equates to a 5 watt LED bulb (which would be 40 watt in a traditional incandescent bulb).

The colour of light is measured in Kelvin (K). Lamps / bulbs of up to 2700K give a warm white light and are less harmful to wildlife and people.

Exmoor National Park Guidance for dark sky friendly lighting

Protecting the night

Artificial light disrupts the biological day-night rhythms of people and wildlife. This has implications for our health and well being, disrupts wildlife's natural patterns and limits our views of starry night skies.

It can affect a wide range of species, not just nocturnal species, by causing:

- ★ Disruption to feeding and reproduction
- ★ Navigational issue and barriers to movement
- ★ Increased risk of predation

By choosing dark sky friendly fittings for new lights or when replacing existing lights you will help keep our skies dark, protect wildlife and save energy.



Tawny Owl by Harvey Grenville

Front cover: Milky Way over Brayford, Exmoor by Panagiotis Andreou

Where to find out more: www.exmoor-nationalpark.gov.uk/dark-skies



Exmoor National Park has some of the darkest skies in England and was the first International Dark Sky Reserve in Europe. You can help keep it that way by following advice in this guide. It describes the principles of good lighting and illustrates examples of dark sky friendly lighting.

Light pollution

Light pollution is seen as sky glow above towns and cities, the bright glare of individual and groups of lights and the spill of light onto neighbouring properties and habitats.

The night sky is getting brighter every year through the effects of light pollution. It is estimated that less than 1 in 50 people in the UK experience truly dark skies.

Well installed and adjusted lighting helps to protect wildlife, save energy and protect the quality of the night sky for stargazing. This applies to all properties including dwellings, farms, hamlets and villages as well as larger settlements.

Principles of good lighting

Please ensure your exterior lighting is:

Useful - light only what is needed, all lights should have a clear purpose and do not over light

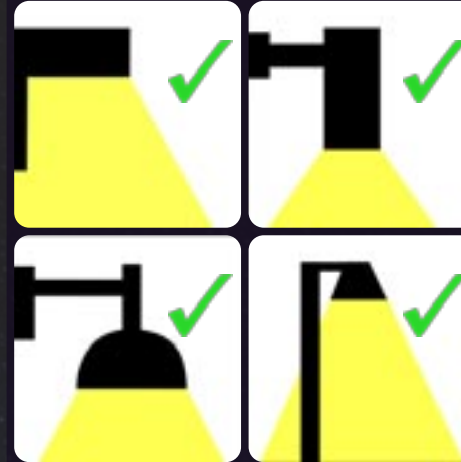
Targeted - direct light so it points downward and no light spills above the horizontal

Low level - Light should be no brighter than necessary, lamps of 500 lumens or less are suitable for domestic purposes

Controlled - use lights only when they are needed and use timers and movement sensors. Turn them off when not needed

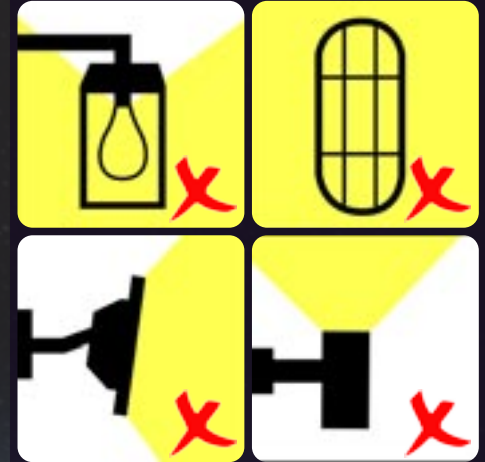
Warm coloured - use warm white coloured bulbs of 2700K or less and limit the amount of cool blue light which is most harmful to wildlife

Good light fittings for outdoors



Downward facing light fittings that are shielded to prevent upward and outward light spill.

Bad light fittings for outdoors



Lights that are not shielded or face outwards and upwards causing light spill.

Interior light spill

Light spilling from interiors can also increase light pollution, in particular roof lights and larger roof lanterns. Remember to close curtains or blinds at night to reduce light spill from inside.

It's important to note that planning guidance should always be sought for external lighting as part of new development within Exmoor National Park.