

Light Pollution By-law

The City of London has a by-law that sets limits on light spillage from commercial parking lots into residential areas.

The same or similar by-law needs to be introduced for residential areas.

Negative Health Impacts from excessive light pollution.

- Too much light at night interferes with a person's circadian sleep rhythms - one of the most important and well-known circadian rhythms is the sleep-wake cycle.
- The use of 'black out' blinds also interferes with this cycle.
- When this circadian rhythm is thrown off, it can create significant sleeping problems, including insomnia. Research is also revealing that circadian rhythms play an integral role in diverse aspects of physical and mental health. (source Sleep Foundation – SleepFoundation.org)
- People cannot sleep with their windows open on breezy cool nights or swelting summer nights.
- People cannot afford air conditioners or choose not to use air conditioners to reduce energy out of concern for climate change.

Crime

- When light spillage is extreme, it can light up whole properties exposing all details of that property including car interiors without the need for additional light. In my particular case, a series of break ins and car vandalism occurred with little notice because we were not alerted by unusual light moving through our property. Spillage was so bright that motion lights would not have been triggered.
- We feel unsafe when our property is so lit up that anyone can scout out our house from a distance revealing locks and access points and can move freely throughout the property at night without needing additional lighting such as a flashlight or phone light – which may alert us of an intruder.
- It should be our choice how to best protect our property and what makes us feel safe.

LED Lights

- The problem has been exacerbated by the use of LED Lights which tend to be brighter and whiter than other forms of light bulbs.

Wildlife

- Too much light interferes with the movement and safety of nocturnal species. These species are dependent on the cloak of darkness to either shield them from predators or help predators hunt for food. Owls are an example of a

predator that needs dark environments to hunt for food. In an urban environment, owls control rodent species for example and should be welcomed.

- Properties that wish to light up their exteriors can do so without lighting up adjacent properties.

Cities have light pollution by-laws because they protect people and ensure communities are livable. There are 'nuisance civil laws' where property owners can sue their neighbours for light pollution but this is not an option for many property owners because of the sheer expense of litigation, does not protect tenants in residential commercial buildings and is discriminatory based on wealth.

Mature cities enact protective by-laws to ensure compliance with:

[Bill 190, Property Rights and Responsibilities Act, 2009](#) - 9.1 (1) Every person has a right to own the real and personal property that he or she has acquired in accordance with law and, except to the extent provided by law, ***to the peaceful enjoyment*** and free disposition of the property.

Please find attached recent photographs of my property. Lights from across the block bleed into my personal space. The purpose of the photographs is to help understand the direction and extent of the light spillage. The photographs were taken late into the night. Anyone could easily walk right up to our door and break in without needing additional lighting. Except for two, windows are bedroom windows.

Thank You

AnnaMaria Valastro









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