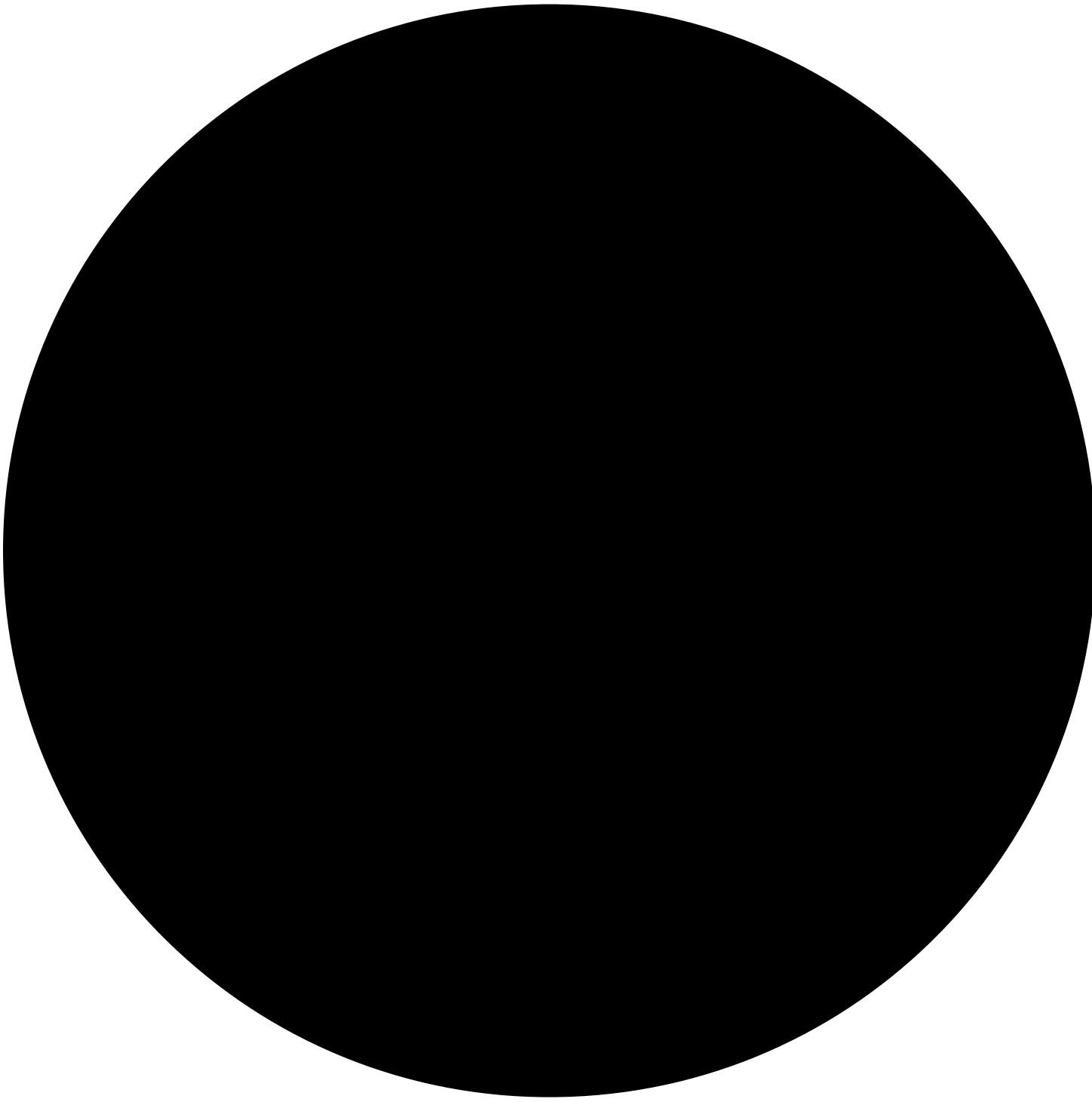


THE NIGHT, AN INCREASINGLY SCARCE COMMODITY

Posted on 30/11/2017 by Naider



LED lights are undoubtedly more energy efficient than our old incandescent filament bulbs. The introduction of LEDs in public lighting, however, due to complacency with the expected savings, has led to an increase in light brightness throughout the world, even causing the opposite effect to the desired level of consumption. According to a study published in the journal [*Science Advances*](#), the illuminated planet's surface it artificially grew by 2% each year between 2012 and 2016. Light pollution has harmful effects on our well-being and on the ecosystem.

In addition to the waste of energy consumption, in many cities in developed countries, excess brightness is enough to prevent or delay our natural physiological transition to night, and the problem is spreading in countries Developing. The light inside our houses and buildings, as well as street lighting, break our normal "circadian" cycle, which translates into health problems. Excess light also causes serious problems in biodiversity and biofauna, such as migratory birds or marine mammals, for example.

To meet the need to save energy, many of our streets have opted for white LED light, but white LED light can have a pernicious effect as it contains a higher proportion of the "blue" element than It is the most rapidly diffused through the atmosphere. For this reason, a good design of the luminaire must be made and take advantage of the LEDs in terms of a better direction of the light flow, and the versatility that they can offer for a better adaptation to the light needs of each moment of the day. day and our biological clock.

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